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<b>CUTLETS</b>	<b>CROWNS</b>	
<b>\$2.99</b> LB.		

PRICES EFFECTIVE: Weymouth 2/5 - 2/11/14

We reserve the right to limit quantities. Not responsible for typographical errors.

## PICTURE THIS



The Mariner caught up with Ken Roth this week and took his photo in front of Town Hall near the starting line for the Road Race by the Sea sponsored by the Cohasset Rotary Club. If you see Ken around town, be sure to tell him that you spotted him in Picture This! There is still time to register for the road race, visit: [roadracebythesea.com](http://roadracebythesea.com).

PHOTO/MARY FORD

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 383-2902

## Ken Roth

Name: Ken Roth.

Occupation: President, Cohasset Rotary Club.

Best day of your life: The day I married my wife Colleen.

Best (or worst) vacation: Best: West Coast Road Trip Started at Vashon Island, Washington, drove to Portland, Oregon and then followed the coast to La Mesa, Calif.

Favorite season: Spring – Everything comes to life.

Favorite holiday: Christmas.

Favorite meal: Roast Pork with sauerkraut.

Best book (or magazine): Yankee Magazine.

Best movie (or actor): Matt Damon.

Best TV show: "Elementary."

Best music, group, or artist: Tom T. Hall or Buddy Holly.

Pet peeve: None.

Fun fact: I used to fly helicopters.

Goal: To enjoy retirement with my family.

Person you'd most like to meet: Mitt Romney.

Biggest worry: That we will continue to pollute and overuse our resources and our grandchildren will miss some of the wonderful things we have grown up with.

Best part of Cohasset: Cohasset Rotary Club and Cohasset Road Race by the Sea in April

## Open air burning season underway

The 2014 Open Air Burning Season closed on Thursday May 1. Residences must obtain a permit to burn during the season, and register their permit number each day they wish to burn when burning is being allowed.

This year the Cohasset Fire Department will be using a web based system for residences to obtain and register their burning permit for the season. Residences can obtain their

burning permit at the Town of Cohasset web site: [cohassetmass.org](http://cohassetmass.org). Once they are on the web site they can click on the burn permit link: [mktix.com/toco/burn-permit](http://mktix.com/toco/burn-permit) fill out the registration form and submit the \$10 fee for the permit via credit card. Once their payment has been received the system will generate a permit number for the residences to use for the entire 2014 Open Air Burning

Season. Residences with validate permit numbers wishing to burn during the season will need to check the Town of Cohasset web site [www.cohassetmass.org](http://www.cohassetmass.org) and click on the status link: [mktix.com/toco/status](http://mktix.com/toco/status). This link will inform residences if burning is being allowed for the day and will allow residences to register their permit number for the day.

benchmark event for the town.

The Historical Commission met on Monday, Feb. 3 and formed a subcommittee to plan a celebration of the historic event. Any citizens who are interested in helping the subcommittee plan for the event should contact Becky Bates-McArthur at [b2wsmca@juno.com](mailto:b2wsmca@juno.com).

The subcommittee's first meeting is Wednesday, Feb. 19 at 7:30 p.m. in Town Hall.

The Historical Commission is also seeking new members. Those interested should send a letter of interest to the Board of Selectmen's office (Town Hall, 41 Highland Ave.) or email Tracey Connors at [tconnors@cohassetma.org](mailto:tconnors@cohassetma.org)

## ONLY ONLINE

[www.wickedlocalcohasset.com](http://www.wickedlocalcohasset.com)

## OUR PHOTOS

Check out our photos in color of Cohasset Dramatic Club's production "Briefs" a revival of 10-minute plays.

## HEALTH CARES

Joan F. Wright of the Norwell NVNA and Hospice writes about health care in her community blog.

## POLICE FIRE SCANNER

Log on to hear the latest police and fire news from Hingham and surrounding towns.

## FACEBOOK

Find us on Facebook. Search "Cohasset Mariner."

## GOT NEWS?

Submit your news, photos, announcements or sports information online.

## TOP 5 STORIES ONLINE

- Plans for John Smith Day underway.
- EDITORIAL: Restore weekend rail service.
- Readers write caption for upside down No Parking sign.
- 10-minute play festival at Town Hall Theatre.
- VIEW FROM FRONT PORCH: Weathering through a few ideas.

## BRIEFLY

## Flu shots available

Flu activity is increasing nationally and is high in some states. Additional increases are expected in the coming weeks. If you have not gotten your flu vaccination yet this season, you should get one now. A flu vaccine is the first and best way to protect yourself and the people around you from influenza and its potentially serious complications.

Cohasset Public Health Nurse, Mary Goodwin, still has vaccine available. Her office hours are Monday, Wednesday and Thursday from 8:30 to 11 a.m. located in the Town Hall. No appointment necessary. Bring your health insurance cards. For more information call 781-383-2210 ext. 130.



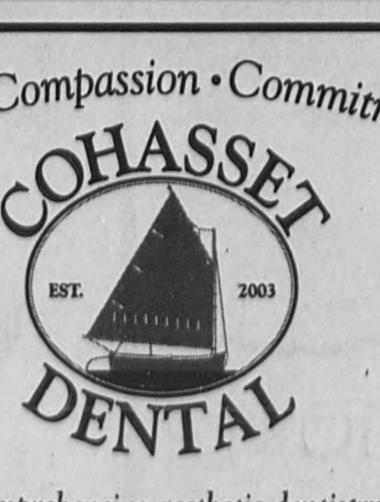
## South Shore Tide Chart

COHASSET HARBOR (WHITE HEAD)

FEB.	HIGH				LOW				SUNRISE	SUNSET
	AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.		
Thursday 06	4:03	9.4	4:34	8.4	10:13	0.1	10:32	0.5	6:51	5:03
Friday 07	5:00	9.0	5:35	7.9	11:13	0.6	11:29	1.0	6:49	5:05
Saturday 08	5:59	8.7	6:38	7.7			12:16	0.8	6:48	5:06
Sunday 09	6:58	8.6	7:39	7.6	12:28	1.3	1:18	0.9	6:47	5:07
Monday 10	7:55	8.6	8:35	7.7	1:26	1.4	2:15	0.8	6:46	5:09
Tuesday 11	8:47	8.7	9:23	7.9	2:19	1.3	3:04	0.6	6:44	5:10
Wednesday 12	9:33	8.9	10:06	8.1	3:08	1.1	3:46	0.4	6:43	5:11
Thursday 13	10:15	9.1	10:45	8.3	3:51	0.8	4:25	0.2	6:42	5:12

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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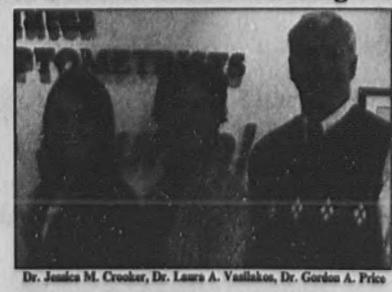
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## NEWS

## Rescue team saves swan from Straits Pond

By Erin Dale  
edale@wickedlocal.com

The Straits Pond is no place for a swan in the middle of winter.

An injured swan was saved from Straits Pond off Jerusalem Road early in the afternoon on Friday, Jan. 31, after Cohasset's Animal Control officer called the Animal Rescue League of Boston for assistance.

Animal Control officer Paul Murphy found the swan thrashing around on the pond late that morning and called the Dedham-based Animal

Rescue League around 11:15 a.m. for backup.

The swan was not stuck in the ice, as was initially reported in the police log.

"The swan was flopping around and couldn't get off the ice," Murphy said of the bird, who did not appear to be in "any danger of drowning."

While the swan's wings were "somewhat bloodied," the Animal Control officer did not notice any other injuries. Whatever was wrong with the swan "could've been neurological," he said.

Murphy said that the Animal Rescue League suspected

poisoning and decided to take the swan to Tufts University for testing, after Murphy and Animal Control Officer Ashley Mills of Hull helped to pull the swan off of the ice, using a net with a long handle.

"It was 10 feet offshore," Murphy said of the bird, noting that it was too dangerous for him or Mills to walk across the ice toward the bird.

"Once we got [the swan] on land, [the Animal Rescue League] made an evaluation and decided the best thing was to take him to Tufts and do a work-up."

## BUILDING PERMITS

The following building permits were issued recently at Town Hall.

Sacks, 122 Border St., re-side, re-roof, extend kitchen, \$300,000; Linder, 365 Atlantic Ave., remove garage, add guest house, \$200,000; Schultz, 50 Stockbridge St., finish garage and bathroom, \$25,000; Willms, 46 Gammons Road, demolition of existing two-car garage, \$5,000; Nguyen, 132 Chief Justice Cushing Hwy, interior fit-out

for nail salon, \$115,850; Erskine/Cashin, 274 Forest Ave., add dormer on front of house, \$300,000; 407 Enterprises, 2 Norman Todd Road, demolition of garage and breezeway, \$6,000; Crough, 41 Atlantic Ave., gas fireplace and venting, \$6,000;

Magner, 302 North Main St., demolition of existing residence and construct new single-family residence, \$300,000; Avila, 139 Border St., new single-family resi-

dence to replace demolished residence, \$575,000; Doherty, 50 Atlantic Ave., renovate two existing bathrooms, \$16,000; St. Stephen's, 16 Highland Ave., 12 cell antennas mounted inside bell tower plus equipment, \$75,000; Social Services, 89-91 Sohier St., construct new senior center, n/a; Stevenson, 234 King St., interior demolition and remodel, Phase 1, \$50,000.

## BRIEFLY

### Fireplace ashes, coals disposal

People who heat their home by burning solid fuels – coal, firewood, pellets – are reminded by Cohasset Fire Department to make sure to dispose of the ashes properly.

Place ashes in a metal ash can with a secure lid and place it away from the house, garage and deck. A single ember can stay hot for days without being detected and easily fanned back to life. Do not place ashes in cardboard boxes or plastic containers, inside

the garage, the breezeway, or under the porch. Have the chimney annually cleaned by a certified professional who can also check for cracked or broken mortar.

### Shoveling hydrants

Residents are being asked to assist the Cohasset Fire Department this week by shoveling out their neighborhood hydrant. The clearing of snow from hydrants will greatly assist the fire department in finding and using the hydrants in the event of a fire.

### Meet author Ted Reinstein

Award-winning reporter for "Chronicle," Ted Reinstein, will give a talk about his book "New England Notebook: One Reporter, Six States, Uncommon Stories" at 7 p.m. Thursday, March 27, at the Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Free. All are welcome.

For more information call the library at 781-383-1348 or visit [www.cohassetlibrary.org](http://www.cohassetlibrary.org).

## Return Your Town Census forms

The following was provided by the Town Clerk's office:

The 2014 Annual Town Census forms have been mailed to every household in Cohasset. This census package also includes a dog license application. All dogs must be licensed by April 30 each year. Dog forms are on a tear off portion of the census forms. The licenses are valid through Dec. 31, 2014. Dog forms need to be returned as soon as possible with a current rabies certificate.

Compliance with this State requirement provides proof of residency, street listings, veteran's bonuses as well as protection of voting rights, senior citizen programs and related benefits. The census form, does not register you as a voter. The population figure has a bearing on State and Federal aid Cohasset will receive.

While the street list is primarily used to update the voting list, statistics on children are taken for the school committee, providing it with data on current enrollment as well as present and future school population. NOTE: The school committee uses the annual census information to help

project future enrollment and space needs. Review the form carefully to ensure each child is reported and all dates of birth are accurate.

Any member of the family in the military service, away at college or confined to a

rest home whose legal residence is the same as you your own should be included on this form.

If you did not receive a Census form, or if you have any questions about it, call the Town Clerk's office at 781 383-4100 x106.

## Shoe Market

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## POLICE BEAT

## Vandals throwing eggs stopped in Hingham

By Mary Ford  
mford@wickedlocal.com

### House egged

A Jerusalem Road homeowner reported to police at 10:50 p.m. on Monday (Jan. 27) that a car had just driven by her house and someone in the vehicle threw eggs at the house. That same night around 11:30 p.m., Hingham police received a report about eggs being thrown and stopped the car. Two teens, ages 18 and 16 from Milton and Dover, respectively, admitted to being responsible for both incidents. The Cohasset homeowner was notified and declined to press charges, police said.

### Expired license

On Monday (Jan. 27), police found that a 44-year-old Cohasset man's license had expired a motor vehicle traffic stop on Depot Court. The motorist had forgotten to renew his license before his recent birthday. There is no statute for a civil citation for driving with an expired license, so the driver is being summonsed to court.

### Warrant

Police called ICE (Immigration and Customs Enforcement) after a traffic stop on Wednesday (Jan. 29) on Chief Justice Cushing Highway near Schofield Road around 2 p.m. The computer revealed the driver, a 36-year-old Everett woman, had a deportation warrant. ICE reported that the warrant was in error as the woman in question had been given a new court date. She was sent on her way with verbal warning about a minor traffic offense.

### Gas siphoned

A 59-year-old Cohasset woman reported to police on Monday (Jan. 27) that she believed someone had siphoned two gallons of gasoline from her 1998 Jeep. She had had about a quarter of a tank and became suspicious when the gas engine light came on.

### Laptop taken

A 31-year-old Dorchester woman reported to police on Monday (Jan. 27) that she believed her laptop had been stolen from a Cohasset business and wanted to file a report.

### Tools stolen

Police are investigating the apparent theft of about \$3,000 in copper wire, copper coils and tools from two storage containers at the home subdivision construction site off Beechwood Street that was reported at 7:30 a.m. on Tuesday (Jan. 28). The paddle locks to the containers had been cut, police said.

### GOA

Police responded to a call about an accident on Thursday (Jan. 30) around 1:20 a.m. on Soher Street. The caller heard the crash when he was taking the dog out. By the time police arrived, the vehicle involved was gone but there was some debris at the scene.

### Scam

A 57-year-old Cohasset man reported to police last week that he had received a call from someone claiming to be from the IRS and who wanted his social security number. He did not provide the information and notified police should anyone else report a similar scam attempt.

### Winter parking ban is in effect

Winter parking regulations are in effect through April 1.

No overnight on-street parking between the hours of 2 a.m. and 6 a.m. is allowed during winter parking regulations.

Violators are subject to a fine of \$25.

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Whitney Mills, Client  
Age 42, Teacher

**MORRISON**

Continued from 1

friends there."

But his strong ties to Cohasset, connections the Baltimore native made through his wife and her family, have compelled him to stick around.

"I've established roots here," said Morrison.

Now, the professor is planting those roots a little deeper by joining a town committee (although he previously served as secretary of the town's Cable Advisory Board). Marilyn was involved with the town's Historical Society and Historical Commission for about a decade before taking a break from her activities. She most recently joined the Commission three years ago.

Morrison said that one of Marilyn's chief tasks was in wording plaques around town, and using her sharp editorial skills honed from her work in the publishing world to edit documents and signage.

Becky Bates-McArthur of the Historical Commission remembered, "I would write stuff up, letters and different things, and I would have her proof them; that was her background. She was always good with that."

Linda Snowdale, a friend of Marilyn's, recalled what a good editor and avid reader she was. "Whenever I needed a book to read, she'd say, 'Come on over.' She'd give me a couple hardcover books at a time," and, like a librarian, wouldn't loan out any more books until the ones she'd lent had been returned.

"She was a stickler for grammar and usage," said Morrison. "She would have made a great manuscript editor."

This is how he met Marilyn — when she was working as an editorial assistant and



Jim Morrison sits at his desk in his study that he built in his carriage barn. STAFF PHOTO/ROBIN CHAN

he was an acquisitions editor in a Boston publishing company. The two were married in February 1983 in the First Parish Meetinghouse church, where Marilyn's father, Nelson, was the sexton for the iconic clock tower that overlooks the town common.

"He was responsible for winding the clock," Morrison recalled. "All of her siblings would go with him and one time or another and help him do it."

Morrison learned a lot about Cohasset history and genealogy through his wife, "all the ins and outs of Cohasset history," he said. "It's been a very pleasant education for me."

As a newly minted Historical Commissioner, Morrison hopes to employ his communications experience — and connections to the Cable board — to work with Cohasset Cable Studio director Don Roine on broadcasting historical commission events, such as the upcoming 400th anniversary of Captain John

Smith's 1614 landing in Cohasset.

And while Morrison admits he is still "brand new" to the historical commis-

sion, like the explorer who happened upon Cohasset shores 400 years ago, he is ready to "discover a lot more."



Marilyn Morrison is pictured at an annual Historical Society dinner. A Cohasset native, she was an active member of the Historical Society and Historical Commission over the years. COURTESY PHOTO

**LIBRARY CORNER****Give our free Wi-Fi a try!**

The following events will take place at Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Call 781-383-1348 for more information or visit the website at [www.cohassetlibrary.org](http://www.cohassetlibrary.org).

**Sunday Author Talks** — Megan Marshall, author of "Margaret Fuller: A New American Life," will talk about her book at the library at 4 p.m., on Sunday, Feb. 9. Talk will be followed by a wine and cheese reception and book signing. Free admission. Seating is limited. Sponsored by Dean & Hamilton Realtors and The Cook Estate. In kind sponsorship provided by A Taste for Wine & Spirits.

**Wi-Fi is Back** — The upgrade to the wireless network is complete. Come on in and give it a try. Ask the reference librarian if one needs assistance accessing the free Wi-Fi network.

**Library Book Group** — Join others for coffee and discussion of "The Lotus Eaters" by Tatjana Soli at 10 a.m., on Wednesday, Feb. 26. All are welcome.

**Digital Cohasset Update** — Take a trip down memory lane and browse the Cohasset yearbook collection online. Most volumes of the Cohasset High School yearbook collection have been digitized beginning with the 1935 yearbook, The Piper, to the 1951 yearbook, Imp-Print, to the 2013 yearbook, Tessahoc. Search for classmates and teachers. Also available are the Town Reports from 1849 through 2012. Visit the Digital Cohasset page at [www.cohassetlibrary.org](http://www.cohassetlibrary.org).

**Tax Forms Available** —

The library has a limited number of 2013 state and federal tax forms available in the Community Room. If one doesn't find the form wanted, try visiting the Internal Revenue Service website at [www.irs.gov](http://www.irs.gov) or the Massachusetts Department of Revenue website at [www.mass.gov/dor/forms](http://www.mass.gov/dor/forms).

**FOR CHILDREN**

**Building Stories with Big Ryan** — Limited space available. Building Stories with Big Ryan will take place in the Story Room at 10 a.m., on Wednesdays, Feb. 12, 19 and 26. This is a parent/child interactive workshop for children ages 3 through 5. Big Ryan will make stories and language come alive. Register once for all sessions. This workshop is sponsored by The South Shore Community Action Council.

**MamaSteph on Mondays** — 10:30 a.m. on Mondays, Feb. 10 and 24, for music movement and more. Funded by the Friends of the Cohasset Library.

**Lego Club** — Mondays, Feb. 10 and 24, from 4 to 5 p.m., in the Meeting Room. Children 7 and younger must be accompanied by an adult. No registration required. Legos provided. Everyone is welcome.

**Puppet Storytime on Tuesdays** — Join others in the Story Room at 10:30 a.m. for puppets and stories with Leigh Baltzer.

**Drop In Crafts Thursdays** — Join others in the Story room anytime between 10:30 a.m. and 1:30 p.m. to make seasonal crafts. All children must be accompanied by an adult.

**ROUTE 44 HYUNDAI**

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**ROUTE 44 HYUNDAI**

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**PARKING**

Continued from 1

"It was a move on the board to enforce the parking," said Gaumer.

A committee was also formed to address parking issues around Cohasset, including the common and the village. The police department has previously made recommendations regarding parking in the town-owned lot downtown, trying to crack down on carpooling from that lot to the Greenbush train station.

Acting Police Chief William Quigley reported that the police department forwarded parking recommendations for the common to the town manager on Oct. 16, 2013.

Quigley stated in an email on Thursday, "There is no easy solution here and unfortunately the police department finds itself caught in a no win situation. We will continue to work with all of the stakeholders to find common ground."

Gaumer suggested that the selectmen raise this issue to the police department and ask for a study to be conducted on the common parking problem. McMorris asked for the board to place a moratorium on ticketing in the meantime; it was agreed that this is only in regards to the four marked parking spots near the Carriage House.

Koed further questioned the "no parking except on Sundays" rule.

"I'm all for separation of church and state but have a

question on why there is only parking on Sundays there; I think it needs to be more than just Sundays," said Koed.

**Issued raised in September**

During a September 2013 Selectmen's meeting, Selectman Martha Gjesteby raised the issue that parking on William B. Long Jr. Road was creating gridlock and a dangerous situation.

"I have been very concerned about the road by First Parish," Gjesteby said at the time, noting that signage there prohibits parking except on Sundays. "This has been ignored by police," she said describing the practice as "fraught with danger."

Gjesteby said several people have complained to her. She described her own experience of having difficulty trying to pull out of William B. Long Jr. Road.

Reached by telephone after that September meeting, Acting Police Chief William Quigley said police would step up enforcement. "Enforcement is always a last resort; prevention and education are our first choices," Quigley said. "This being a safety issue will make it a priority. I'm also interested in working with the board to possibly adjust some of the parking signage in that area."

The fine for a parking ticket is \$25; the fine doubles to \$50 for parking in front of a fire hydrant and doubles again to \$100 for parking in a handicapped space.

**Third snow day for local schools**By Erin Dale  
edale@wickedlocal.com

Another winter storm had Cohasset schools calling it a day — a snow day, that is.

Cohasset schools were closed on Wednesday, Feb. 5, while Town Hall and other town offices stayed open. During the last snow day, which was also on a Wednesday (Jan. 22), both the schools and town departments closed up shop.

Superintendent Barbara Cataldo said that she was holding off on calling the snow day, waiting until 5 a.m. "just in case the storm didn't materialize as we originally thought," she explained in a home call Wednesday. "I wanted to leave the door open because today was an early release day and a professional day for teachers."

Cataldo said that while she waited to call it a snow day, Cohasset was not the last district on the South Shore to decide to close, "but close to it."

The superintendent explained that she knew a closure was imminent when she heard that there could be up to 10 inches of snow, most of which would accumulate during drop-off and pick-up times. "We felt it wasn't fair to the DPW, parents and teachers... it was best to be closed."

Cohasset schools have used three out of five snow days for this school year. Last year, the schools used all five and then some, with school continuing until June 27.

Cataldo noted that the prior year (2011-2012), her first school year in the district, "We took none," while "the year before had tremendous snow."

This week's storm brought

a heavy, wet snow, dumping between four and six inches on southeastern Massachusetts, followed by a freezing rain.

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## Another snow day, oh well



MATTHEW MACCORMACK

It's actually getting a bit ridiculous; this week marked our third straight four day week of school, meaning that we haven't had a full school week since mid January.

But who's complaining? With a slushing snowstorm rolling through in the wee hours of Wednesday morning, the administration wisely decided to go ahead and cancel what would have only be a half-day anyway (due to scheduled professional development for faculty). Thus, CHSers got to enjoy Hump Day from their own homes, taking an opportunity to catch up on sleep, schoolwork, and leisure time.

With the week nicely broken up, students could get back to focusing on Term 2, in which we are now firmly entrenched. Gone are the first few days of introduction and outlining; it is back to the grind for the last half of the year! With new classes (such as Principles of Finance and Environmental Science) start-

ing up, many CHSers have new subjects to turn to amidst a sometimes-redundant curriculum.

Meanwhile, the top brass of The Spinnaker staff has been hard at work all week to meet the deadline for the Valentine's Day issue. Although it may sound easy, creating the school newspaper is far from simplistic. For example, the student staff must lay out the paper with Adobe InDesign software, carefully edit all submissions, take photos of games, events, and individuals, pin down advertisements and work on designs for the front and back covers. Nonetheless, the dedicated staff has toiled enough to get the publication ready to go to press.

Also, Thursday night saw the return of the always-popular Cabaret. The Red Lion Inn was filled to the brim with a student and parent audience, and several CHS chorus and band classes performed their best songs. Additionally, several of Cohasset's particu-

larly musical members performed solo pieces. Sophomore Dan Toomey engineered one of the notable performances, as he used a looping tool to recreate a song using only beat boxing and singing! Be sure to come out next year and support all of the talented Cabaret students.

With the way this year is going, we should be in June in no time. It's hard to believe there is only one week left until February vacation, as it seems as if we have been pampered with abbreviated weeks since we returned to CHS in the New Year. Still, there is a lot of school left before we can lounge around the beach all day.

That's all for now Cohasset! I hope everyone fared with the snowy weather, and wish you all a happy weekend. Thanks for reading, and remember to keep it classy Cohasset!

Matthew MacCormack is a senior at CHS and regular contributor to the Journal.

## DON'T MISS THIS

### Kindergarten registration

Kindergarten registration for the 2014-2015 school years has begun. Children who turn 5 on or before Sept. 1, 2014 are eligible. Registration will be at the Osgood School daily from 10 a.m. to 2 p.m. Parents registering for kindergarten will be asked to indicate interest in full-day kindergarten or half-day kindergarten at the time of registration, but do not have to commit at this time. Parents are encouraged to register early to facilitate planning for programs; a birth certificate and proof of resi-

dency are required for kindergartners in order to register. Call the school office at 781-383-6117 if you have any questions.

### Preschool signups and open house

Preschool registration for the 2014-2015 year has begun. Children who turn 3 or 4 by Sept. 1, 2014, are eligible to register for the Osgood Preschool Program, which is held 4 days per week (Monday through Thursday) for 2 1/2 hours. Entrance to the preschool program is based on a lottery system. Registration applications should be returned to the Osgood

School no later than Monday, Feb. 10. The lottery will be held on Tuesday, Feb. 11 and parents will be notified immediately following. A deposit will be required to hold a space for those selected. A birth certificate and proof of residency must accompany applications.

A Preschool Open House for Parents will be held at the Osgood School on Friday, Feb. 7, from 10:30 to 11:15 a.m. Parents will have an opportunity to meet preschool teachers and support staff and to view the classrooms and facilities. Call the school office at 781-383-6117 if you have any questions.

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## AROUND TOWN

## Ground Level Café welcomes 'AO'



JENNIFER PIEPENBRINK

### Winter on!

Hi there Cohasset, how are you? I am sure some are not thrilled with our winter and all this snow but it is beautiful if you take the time to find that beauty. Only 43 days until Spring so until then, let's "Winter On!"

### Holly Hill

It's time to sign up for summer camp at Holly Hill Farm where they offer fun farming, gardening, and nature exploration programs for children ages 3-18 from June 9 through August 15. Other programs include cooking using farm-grown produce, art on the farm, designing and building small items such as bird and bat houses, and "Drama on the Farm" where campers will create and present their own play on the farm. There are exciting opportunities for teens to grow food to sell at the Cohasset Farmers Market, and a free community service program for older teens to grow and harvest produce to be donated to Father Bill's Place in Quincy. They guarantee your children will come home dirty and happy! Complete information and registration forms are available at [www.hollyhillfarm.org](http://www.hollyhillfarm.org).

### Beach party!

Tonight, Feb. 7th, Ground Level Café welcomes Cohasset High School alumnus Andrew O'Keeffe (2004) to the stage for the mid-winter beach party. AO, as he is known by friends and fans, has played name-brand venues across Boston, including the Hard Rock Café and the Middle East night club. Ground Level is thrilled to feature AO for this hometown showcase. The mid-winter beach party is an open-mic coffeehouse event for teens and young adults and joining AO will be Joshua

Quinlan of Hanover and Mariner reporter, Erin Dale of Kingston, among others. Ground Level will be serving smoothies and cranking the heat up to 80! Bring your t-shirt, sunglasses, swimsuit, and friends to the basement, located at 51 Church St., from 7 to 10 p.m. This is your chance to head to the beach in February!

### Polar Plunge

Here is a great story and request. We hope you all read the great story in last week's Mariner about the 16th Annual Polar Plunge benefiting Special Olympics Massachusetts to be held at Nantasket Beach. With two weeks to go until Saturday, Feb. 22nd, the brave Plungers are busy knocking on doors, hoping to raise \$400,000 for the programs of Special Olympics on the South Shore, and across the state.

The 25 member South Shore Mariners Team includes Cohasset residents Connie Afshar, Barbara Canney, Kit Coffey, Doug Chamberlain, Laurel Hickey, Jessica MacDonald, Steve Myers, Jay Jeff Nothnagle, Pat Plante and Doug Yeager. The Freezing Friends Team includes Alyssa Campbell, Nick, Charlotte and Graham Sida, and Brook Miele from Cohasset.

South Shore teams provide training and competition year-round in 13 of SOMA's 24 sports, and help the athletes move on to compete in one of the 130 competitions offered statewide annually (including the S.O. World Winter Games in South Korea last year!). There are 13,000 Special Olympics athletes in Massachusetts, ages 2 to 101 (yes, our centenarian still competes!). The teams are still seeking more Plungers, plus Chickens (who do not go into the water!), and Virtual Plungers (who picture themselves "in water"). You can register to participate or donate online at our secure site: [specialolympics-ma.org/sponsorplunger](http://specialolympics-ma.org/sponsorplunger), or mail a check payable to "Special Olympics" or "SOMA" to

*That is the news for this week Cohasset. Send in all your news, photos and celebration info to me no later than Tuesdays by 5 pm.*

*Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all. If your son or daughter has earned recognition, please share that news directly with us!*

*We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents. Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.*

**EMAIL:** [aroundtowncohasset@yahoo.com](mailto:aroundtowncohasset@yahoo.com)

## Yoga, meditation helps kids ease stress

Balance Studio Cohasset is offering a moment of Zen to South Shore youth — many moments, in fact. Balance has ongoing Middle School and High School teen yoga classes and is offering a Youth Meditation workshop from 7 to 8:30 p.m., on Thursday, Feb. 27. Can't imagine one's child being still? You are not

alone. There is mounting evidence that today's youth are more stressed than their parents realize. More than 30 percent of children admitted to stress-related symptoms like anxiety or difficulty sleeping according to the American Psychological Association's annual Stress in America report.

**Yoga for Athletes** takes place regularly from 6:15 to 7:15 p.m., on Mondays, and **HS Yoga** is currently from 5 to 6 p.m., on Fridays. Drop-ins are welcome.

Balance Studio Cohasset is at 15 Depot Court. For more information, visit [balancestudiocohasset.com](http://balancestudiocohasset.com).

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# Pet therapy

## Service dogs provide stress relief

By Erin Dale  
edale@wickedlocal.com

Sophie is quite the social butterfly — she loves visiting friends and meeting new people all around the South Shore.

Did we mention Sophie is a three-year-old black lab?

Sophie, a specially trained therapy dog and reading partner, provides comfort and support to those who need it. Since becoming a certified "therapist," Sophie has begun visiting the library, nursing homes and schools and meeting with groups like the Cub Scouts.

Sophie was certified through Dog B.O.N.E.S (Building Opportunities for Nurturing and Emotional Support), a 10-year-old state program that provides well-trained, affectionate, registered and insured therapy dog teams for visitations to hospitals, nursing facilities, schools and libraries to provide therapeutic contact with the elderly, the disabled and the young.

A donation from the Paul Pratt Memorial Library to the Cohasset Working Dog Foundation (CWDF) made it possible for Sophie, who is a rescue from a kill shelter in Tennessee, to become part of the library's reading therapy dog program.

Children's Librarian Sharon Moody said of Sophie, "She will be a wonderful addition to the program and will allow our readers an additional choice of therapy dogs."

The library has two other therapy dogs, a poodle and another black lab, that are likewise trained to be attentive listeners; the program is offered throughout the year, said Moody. The dogs are there for new readers and young students who are honing their reading and speaking skills.

"Young students may come to practice newly acquired reading skills, while older students may come to rehearse an oral report," Moody explained. "The dogs provide a non-judgmental listener that will allow the students to be more comfortable with themselves and therefore, give them more confidence in their abilities."

The librarian had high praise for Sophie in particular. "Sophie was the guest listener last week at the library for a troop of Cub Scouts. She demonstrated her unique skills and inspired the Scouts to engage with her, whether by reading with her or by thinking of future service projects of which they can be a part of."

The library's summer reading program also supports the CWDF, said Moody.

"Each year our summer reading participants set a personal goal of how many minutes a day they will read for six weeks. They read and record each day and at the end of the six-week program, they submit their summer reading logs. The Friends of the Cohasset Library donate \$1 to CWDF for each returned summer reading log. The PPML is proud to support an organization that continues to grow and serve our community in such a unique way."

Sophie has also been visit-



Sophie, a therapy dog with the Cohasset Working Dog Foundation, is adored by Maggie Young, at the Paul Pratt Library after they helped raise money for her training through their summer reading "minutes." STAFF PHOTO/ROBIN CHAN

**"The dogs provide a non-judgmental listener that will allow the students to be more comfortable with themselves and therefore, give them more confidence in their abilities."**

Sharon Moody, children's librarian

ing those who are shut in, along with students who are stressed out from school. Most recently, she was taken to Curry College to socialize with college students in the middle of their final exams.

Trish Morse, president of the CWDF who also works with Sophie, said that the black lab was a big hit with the college kids.

"There were seven dogs and at least 200 students, all in the gymnasium together, at the height of finals

week," said Morse. "The kids were so great; they just wanted to come in and hug a dog and get a little love for a few minutes."

Sophie was elated to visit with so many students, Morse added. "She really worked the room."

The CWDF president explained that Sophie is one of three working dogs currently being funded by the CWDF. The others include Cohasset's Police K-9, Erik, and Parker, a service dog who is being

trained specifically for a young child in Cohasset in need of mobility assistance, safety and companionship. Parker is currently undergoing service dog training in Tennessee and will be delivered to Cohasset fully trained this spring or summer.

Sophie lives with her owner and therapy "teammate," Mara Stefan.

"She really is a special girl who has the perfect nature and personality for this kind of work," Morse said of Sophie. "Mara knew it shortly after she rescued her."

While therapy dogs do not undergo the same level of training as service dogs, like Parker, who are trained for vision assistance and seizure detection, dogs like Sophie

are "very good-natured animals and have a good sense of comforting," Morse explained.

Like service dogs and K9s, therapy dogs also understand signals that it's time to go work. Sophie has a red vest and collar that she dons when she's about to go on a visit.

"When you say, 'Sophie, ready to go visit?' she gets all excited," said Morse.

*If you would like to learn more about the Cohasset Working Dog Foundation or follow the dogs' progress, visit the website ([www.cohassetworkingdogfoundation.org](http://www.cohassetworkingdogfoundation.org)) and Facebook page ([www.facebook.com/pages/the-cohasset-working-dog-foundation](http://www.facebook.com/pages/the-cohasset-working-dog-foundation)).*

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## GIMME SHELTER

## Can you give a girl a home?

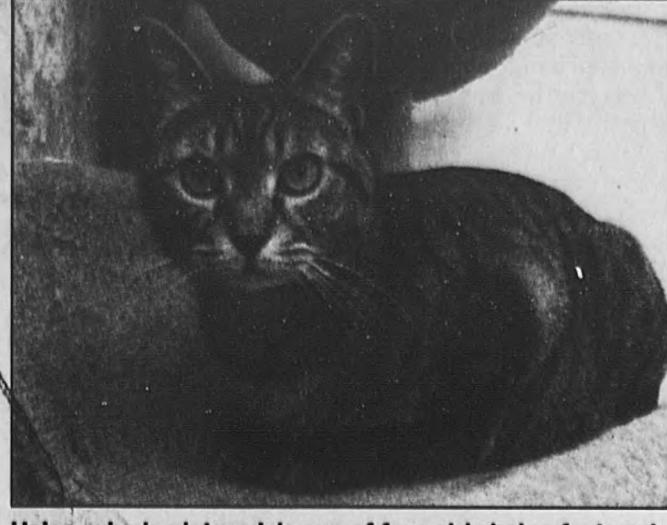
CASEY FREDETTE

Every week people all over the South Shore read about our available cats and kittens. Occasionally we revisit some of our "overlooked" animals. This week we thought it was time to give our longest guests another look.

• Cindy, an independent 6-year-old, first came to the shelter nearly four years ago. An all white, plump kitty, she enjoys spending most of her time away from other cats. After all this time living in a shelter, anyone can understand how hesitant she is to come out of her shell. After such a long road already, she truly deserves some peace and quiet. As a cage-free shelter, our cats have the chance to live in community rooms. Even a cage-free shelter doesn't provide the same amount of exercise they would get in a home. Cindy has suffered from this problem. Given her dislike of other cats and her apprehensive nature, she does her best to stay to herself. She is frequently found on the top shelf or hiding in her bed. Cindy is a cat who has made a lasting impression on our shelter... but it needs to be her time to find her forever home. A home where she can get the love she deserves, where she is the only beloved pet, and where she can come out of her shell!

• Mindy, a shelter staff favorite, is a very shy... but only at first. She's not a fan of the fast paced shelter world; instead she enjoys to take her time. When given the chance to really get to know people she warms up and shows what a great cat she is. At the start of March, Mindy will celebrate yet another birthday with us. She's turning 3... and having spent most of her life at the shelter she's not looking forward to anymore birthday parties with us. In all her time with us she has seen hundreds of cats come and go, all the while being overlooked and left behind.

• Felicia, at 2 years old Spunky should be this girl's middle name! An energetic cat overflowing with personality, Felicia needs a forever home where she can have the chance to stretch her legs as well as share her giant personality. Understandably, she craves space to explore and run. She also yearns for interaction and attention. Playing with people, chasing lasers or swatting at cat wands! Human or animal, Felicia loves to share her larger-than-life personality. Felicia knows her match is out there and she is waiting, anxiously, for



Helen, who is pictured, is one of four girls being featured this week that would like to find forever homes. COURTESY PHOTO

**Helen came from a hoarding situation. After having many litters of kittens and living with dozens of other cats she's ready for comfort and her happiness to begin.**

her day to finally go home.

• Helen (pictured) is a lady, of course! But after spending close to a year without a home she's a lady who is done waiting... she's ready to have a home of her own. Helen came from a hoarding situation. After having many litters of kittens and living with dozens of other cats she's ready for comfort and her happiness to begin. She's ready for her own bed, her own dishes and her own people too. Helen deserves a home of her own... she has waited far too long for it.

We at Hull Seaside love our cats. We love seeing them every day. We love playing with them and seeing their personalities. Most of all we love the day each cat leaves for its new home. If you read the column you have seen the care and attention that goes into each and every cat. No matter how much we love our cats, we are not and should not be a permanent home for them. As a no-kill shelter we provide care to each animal as long as needed. Unfortunately some of our cats stay longer than we would hope, in spite of how fantastic they are. Please consider giving one of our "long timers" a look and a chance; they'll love you even more for it.

If you'd like to meet Cindy, Mindy, Felicia, Helen, or any of our wonderful cats and kittens please call Judy, Adoption Coordinator, at 781-534-4902 for more information. Don't forget we've added new open hours- Thursday's 11-noon. Additionally we are open to the public Monday nights 6:30-7:30 and Saturdays 2-3 p.m.

The Animal Rescue League's Spay Waggin' will once again be at the shelter.

If you'd like to schedule an appointment to spay or neuter your cat please call the shelter 781-925-3121 or e-mail Hsar@verizon.net to reserve a spot.

You can see more available animals by visiting [www.HSAR.org](http://www.HSAR.org). Please "like" us on Facebook for updates, photos of our animals, and other useful information.

Casey Fredette is the Shelter Manager at Hull Seaside Animal Rescue and can be reached at Hsar@verizon.net

For the latest news  
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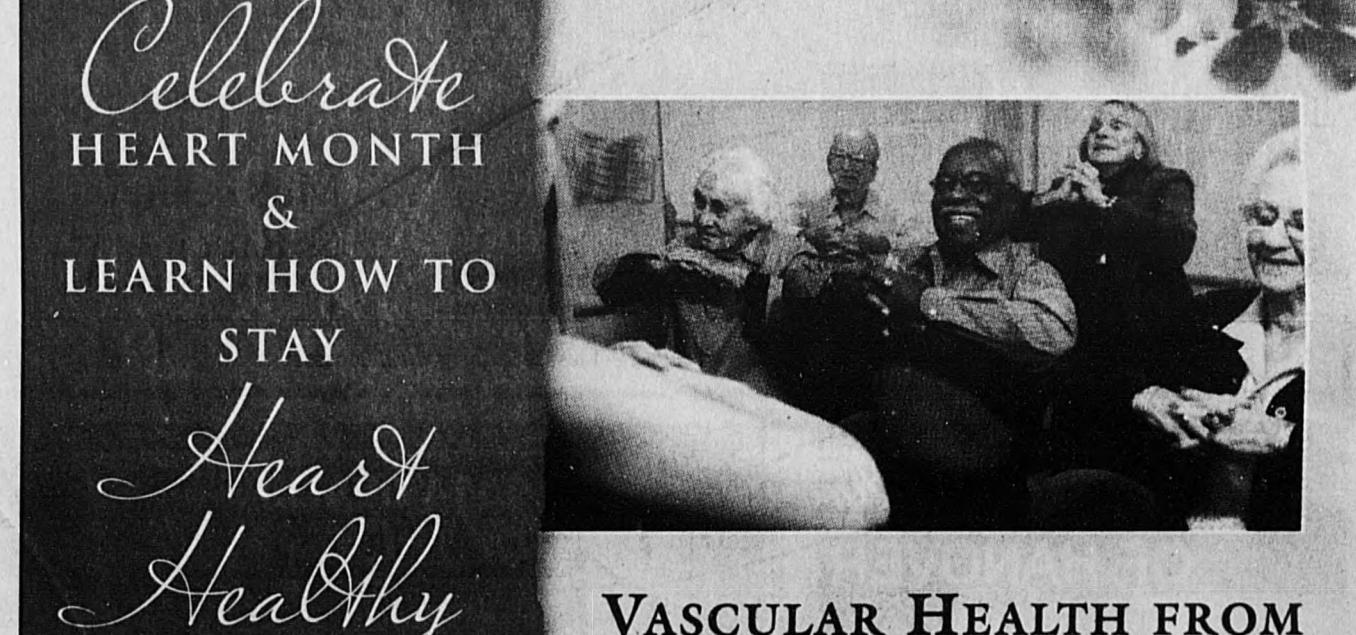
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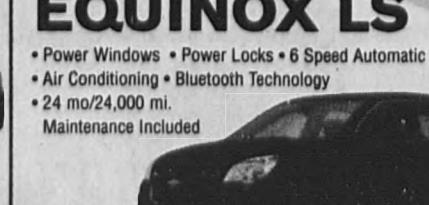


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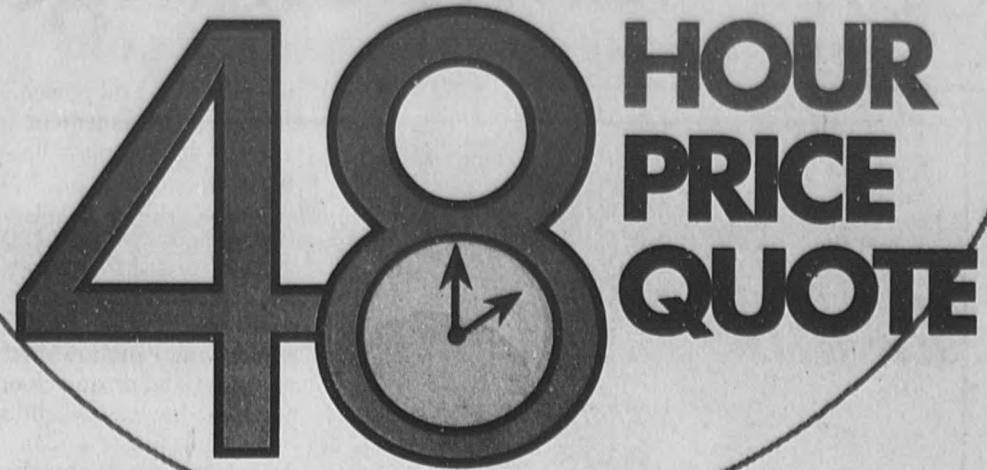
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# One man's fight against climate change

By Constance Gorinkie  
Correspondent

Last summer Turner Bledsoe of Hingham walked 45 miles over six days. It wasn't a leisurely walk, and wasn't always an easy walk for a man who, at the time, was 79 years old. But it was a necessary walk, because Bledsoe, along with many others on this journey, was trying to draw attention to what can be described — without hyperbole — as the beginning of the end.

The trek started in Fall River and ended at the head of Narragansett Bay in Somerset, Mass., the location of Brayton Point Power Station, one of New England's largest facilities using fossil fuels to generate electricity.

Bledsoe was among 400 activists from across New England and the Northeast, who had gathered to demand the use of cleaner energy sources at the power station, and he wound up being among the 45 who were arrested and charged with trespassing.

While physically demanding, this experience for Bledsoe also was exhilarating. At last he was taking an active part in a mission that he believed in totally. With him was a group of like-minded people in an organization called 350 Massachusetts (350MA). Part of an international, volunteer-led, grass-roots coalition, its purpose is to confront our current climate crisis through activism and education in order to wean the world off fossil fuels, replacing them with sustainable sources of energy.

Bledsoe, silver-haired, with a ready smile, doesn't look like an activist. Nor does he sound like one when he speaks in a soft voice about what he considers to be "a moral imperative" — the need to address and correct climate change, which daily becomes worse due to the warming of the Earth's temperature because of our continuing use of fossil fuels.

When former vice-president Al Gore, with his film "An Inconvenient Truth," made graphic this impending disaster, worldwide reaction was quick and derivative. The picture of a Polar Bear, stranded on an ice floe, looking for habitat where he could survive, was said to be staged or unique.

How could the emission from your automobile, or the incandescence from your light bulbs have any effect on the planet? By themselves they couldn't. But, you're not alone. Your carbon footprint — the measure of your energy use — multiplied by the carbon footprints of billions of other people, certainly could and certainly do.

What scientists and activists haven't been able to do, nature herself is accomplishing — with storms, floods and fires of such magnitude and impact on millions of people all over the world that even the most hide-bound denier is forced to wonder why. That begs the most important question: What can I do about it?

## Hingham home

Certainly that is what Turner Bledsoe wondered when he heard various climatologists address the subject in courses he and his wife Joan were attending, in 2006, at the Harvard Institute for Learning in Retirement. The answer for the

Bledsoes turned out to be a huge project, in expense, frustration and time. But, also one of great rewards. That could be discerned as the couple — with good humor — recently spoke about what has been happening to their Hingham house over the past seven years.

On a bitterly cold day, the Bledsoes and a visitor sat in their sun-flooded living room discussing what began as a plan simply to put solar panels on the roof of their Hingham home and soon turned into an undertaking so vast that theirs is truly a home of the future, with most of the energy needed to run the house being generated by both sun and water.

This task, which grew incrementally, as problems surfaced and had to be solved, required that the Bledsoe's 39-year-old, contemporary-style home — with its large windows, soaring ceilings and multi-angled roof lines — ultimately had to be retrofitted from the basement to the attic.

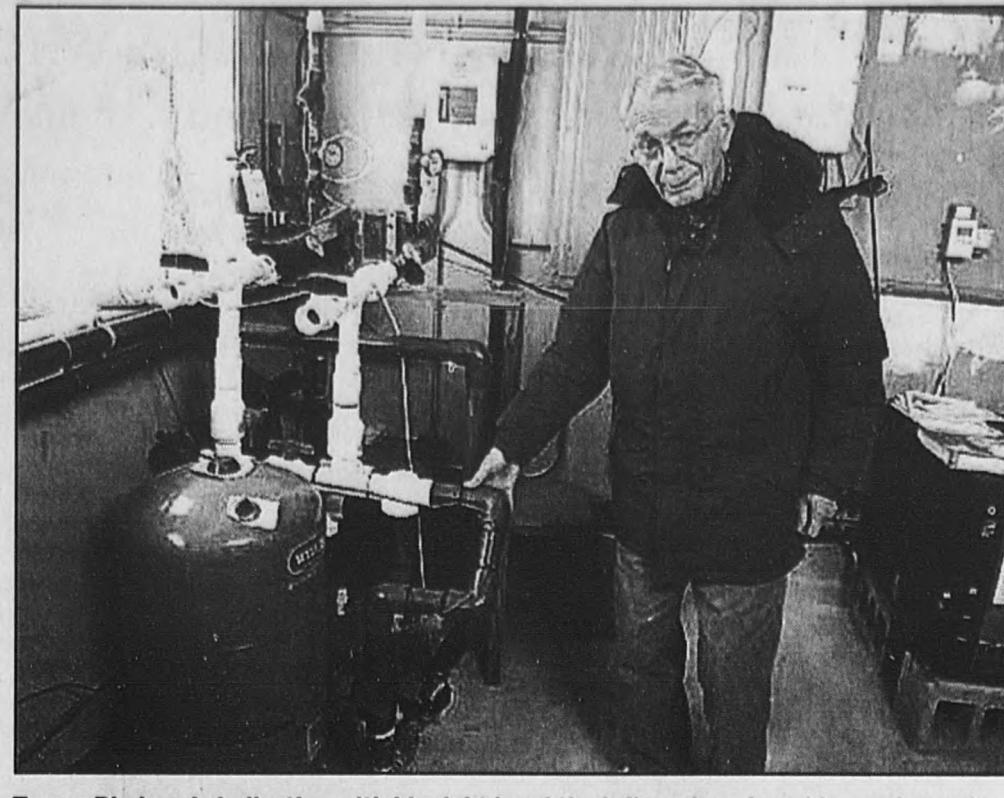
The enormity of what had to be done becomes apparent as soon as one enters the attic. The part of most houses that in winter usually is the same temperature as the outdoors, in this house is downright summer-like. That's because it is thoroughly insulated and is embraced by pipes — heavily swathed in aluminum foil, through which warm air flows. Contributing to our comfort on this cold day were hidden skeins of rubber hoses in various parts of the house carrying warm water.

As a retired physician with a scientific turn of mind, Bledsoe felt confident enough to become head contractor on a job whose goal was to turn a conventional structure into one that could function well with mainly clean energy. But, vital to this enterprise would be someone he could work with who would be knowledgeable in the growing field of renewable energy.

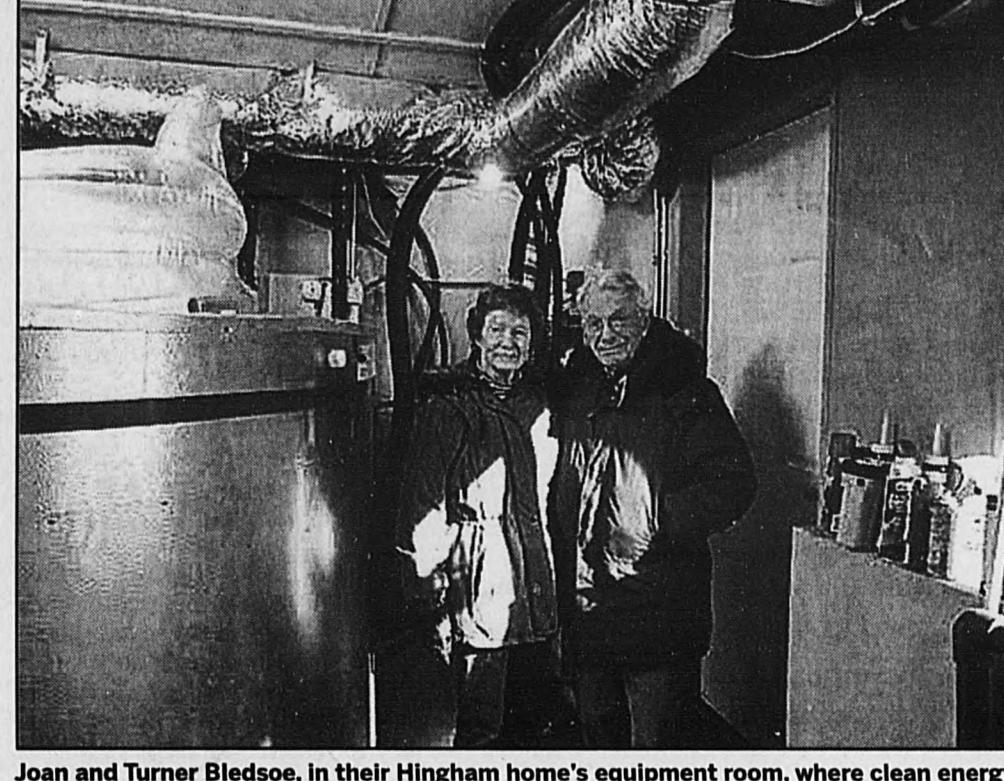
That person turned out to be Tom Wineman, of Oster-ville, who, in 1996 founded Clean Energy Design, whose purpose was to make practical the use of renewable energy for businesses, institutions, communities and individuals.

It becomes obvious, when one meets Wineman, an energetic and enthusiastic man, who describes himself as a "systems integrator," that he was the right choice for this undertaking. Though it was Wineman's expertise in the field of solar energy that drew Bledsoe to him, it was his understanding of various other forms of renewable energy and his ability to integrate them that sealed the deal.

Of course, it took more than a new science to make the Bledsoe house energy efficient. It also took some old-fashioned skills to insure that the structure would be tight enough to hold heat in winter and air-conditioned air in summer. Those skills belonged to Jay McDonough, whose company, McDonough Contracting of Marshfield, did all the things that had to be done so that the new technologies could work effectively. Those included building a foundation under a sun-room, over which a tile floor was installed; insulating the entire house; retrofitting all



Turner Bledsoe is indicating with his right hand the inflow pipes from his geothermal well, which brings water into the house between 45 and 55 degrees. To his left is the heat pump, which year round extracts well water that can be warmed or cooled, depending on the season. COURTESY PHOTO



Joan and Turner Bledsoe, in their Hingham home's equipment room, where clean energy for their house is produced. COURTESY PHOTO

those big windows, and the construction of an equipment room, wherein all activity takes place that runs the house.

The job began with 12 solar panels being installed on the back of the Bledsoe's house. Those provided 36 percent of the energy needed to fulfill their needs. But Bledsoe's goal was to be entirely free of oil, the energy source he had been using. So other options had to be considered. That's when Bledsoe suggested to Wineman that they think about combining geothermal heat with solar.

Bledsoe considers that his aha moment. But, with that decision came a commitment to a lot of money and a lot of time.

## Geothermal

Geothermal, which is the process of tapping into groundwater that maintains a temperature range of 45 to 55 degrees, meant digging a well that had to go down 305 feet to achieve a flow of 21 gallons a minute. It also meant extensive duct-work in the house, the installation of heat pumps, heat exchangers, yards of new wiring, and, oh yes, the construction of that equipment room, which houses a 5-foot-by-15-foot, 2200-gallon water tank; meters of all shapes and sizes, and more insulated pipes and ducts.

To the uninitiated all this equipment seems haphazard. But not to Bledsoe who understands what every meter is saying and the function of every wire,

pipe and duct.

It is obvious that the working relationship between Bledsoe and Wineman has grown into a friendship. On a recent evening, over chili, the two men discussed the next phase of their project, the installation of more solar panels. These would work differently than the 12 thermal solar panels already on the house, whose main pur-

poses were to heat water and store heat for future use.

The new panels, known as photovoltaic, or PV panels, convert the sun's light directly into electricity.

This system, Wineman explains, which is only productive during daylight hours, does not have batteries or other means to store electricity, therefore, it must interact directly with nor-

mal electrical grid power, through an arrangement with the utility called "net-metering."

Since, during those productive hours, more energy often is created than what the homeowner needs, a credit result, which the homeowner can draw on overnight and during cloudy periods. That excess production can also benefit the Bledsoe's non-solar neighbors and the utility. Thus, the combination of solar thermal panels and photovoltaic panels should be the perfect marriage for all concerned.

Unlike the original panels, the new ones will be installed on the roof covering the front of the house. "So, now, everyone will know what we've been up to," Bledsoe laughs.

That laugh is partly rueful, because skepticism about climate change remains, and there are even many people not directly affected by recent cataclysmic weather events who actually are indifferent to the crisis.

The fear is that by the time most of us accept the inevitability of climate change, irreparable damage will have been done. A warmer earth will be a different earth, one that over time will be increasingly inhospitable to most species that currently thrive here.

Bledsoe is well aware that many people cannot undertake a project as elaborate as he has. But there is much that we all can do in our everyday lives to lessen our carbon footprints. Even more important, there is much we can do to change the attitudes of those who do have the power and money to make the biggest differences — corporations, institutions and governments. That is the urgent goal of 350.org and all the satellite 350s around the world.

This goal is — as Bledsoe says — "a moral imperative."

*Connie Gorinkie is a member of 350MA South Shore. 350 Massachusetts is a volunteer-led, campaign-focused initiative convened and facilitated by Better Future Project, connecting and organizing a strong grass-roots coalition to confront the climate crisis and build a just and secure future beyond fossil fuels. For more visit: 350MA.org*

## HAPPENING SUNDAY

# Documentary includes discussion following film

By Connie Gorinkie

Correspondent

"Do the math" is an expression that simply means, if you pay attention to the numbers, you'll understand the problem. "Do the Math" also is the title of a documentary film, which, indeed, does explain a problem, the greatest one facing us today: the warming of our Earth, caused mainly by the burning of fossil fuels.

About the worldwide effort, led by environmentalist and writer Bill McKibben, whose book in 1989, "The End of Nature," was the first publication to warn the general public about the threat of global warming.

The program, which will

destructive that might be.

350MA is part of 350.org, an international army of grassroots volunteers that was founded by McKibben, whose book in 1989, "The End of Nature," was the first publication to warn the general public about the threat of global warming.

McKibben chose the number 350 for his organization, because 350 parts per million had been determined by scientists to be the highest level of carbon dioxide in the atmosphere that would be safe for animals, including human beings. Anything above that level would change the world, as we know it. Since that revelation, scientists have determined that there are now 400 parts per million of carbon dioxide in the atmosphere.

350MA, which is growing in numbers and nodes, is attacking this dire problem in a variety of ways.

Currently, two major campaigns are under way: One

calls on Governor Patrick

to implement three tasks to solidify his climate legacy before he leaves office.

They are:

1. Ban The Worst - coal, tar sands oil, gas fracking — from our state.

2. Build Only The Best — all new energy infrastructure should be clean energy.

3. Begin to Price the Rest — hold polluters financially accountable for the social costs of coal, oil and gas.

The second campaign calls for institutional endowments, organizational investments and public employee retirement trust funds to remove fossil fuels from their investment portfolios. 350MA currently is working to get bill S.1225 passed in the state legislature, which would divest the Massachusetts Reserves Investment Trust of fossil fuel assets.

While many actions are done behind the scenes, such as making phone calls and writing letters, others are most visible. That will be the case this Saturday, when 350MA stages a protest in Salem against a gas plant proposed for that city. It will take place on the Salem Town Common, beginning at 2 p.m.

Everyone is invited to take part.

## 'Do the Math' to be shown Feb. 9

"Do the Math," a documentary about how the continuing use of fossil fuels eventually will make the Earth inhospitable to all that walk on it, will be shown at 3 p.m., on Sunday, Feb. 9, at Glastonbury Abbey, 16 Hull

St., Hingham.

This program, which will include a discussion period and refreshments following the film, is being presented by 350MA, South Shore, an organization dedicated to the eradication of fossil fuels

and the promotion of sustainable fuels, through education, legislation and activism.

For more information or to indicate that you will attend, email: [turnerbledsoe1@gmail.com](mailto:turnerbledsoe1@gmail.com)

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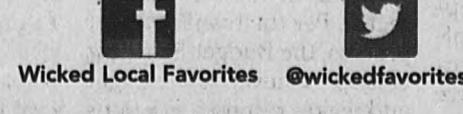
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3	Children's Clothing	
4	Optical Shop	
5	Shoe Store	
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9	Gift Shop	
10	Jewelry Store	
11	Florist	
12	Sporting Goods Store	
13	Toy Store	
14	Pharmacy	
15	Liquor Store	
16	Furniture Store	
17	Carpet/Flooring Store	
18	Appliance Store	
19	Home Decorating Store	
20	Hardware/Home Improvement Store	
21	Garden Store/Nursery	
22	Antique/Vintage Store	
23	Consignment Shop	
<b>Local Services</b>		
24	Hair Salon	
25	Day Spa or Massage	
26	Manicure/Pedicure	
27	Tanning Salon	
28	Tattoo Parlor	
29	Health Club/Yoga Studio	
30	Weight Loss Center	
31	Doctor/Primary Care Physician or Pediatrician	
32	Dentist or Dental Office	
33	Chiropractor	
34	Daycare/Preschool	
35	Dry Cleaner/Tailor	
36	Auto Service/Repair	
37	Community Bank	
38	Insurance Agency	
39	Dance/Gymnastics School	
40	Retirement Living Residence	
41	Pet Services	

**Reminder: You MUST include the TOWNS where your choices are located!**

\*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it represented as, statistically valid.

	Business/Place Name	Town
42	Bagel Shop	
43	Restaurant For Breakfast	
44	Restaurant For Lunch	
45	Restaurant For Dinner	
46	Fine Dining Restaurant	
47	Italian Restaurant	
48	Pizza Place	
49	Thai Restaurant	
50	Mexican Restaurant	
51	Indian Restaurant	
52	Seafood Restaurant	
53	Chinese Restaurant	
54	Sushi Restaurant	
55	Restaurant For Takeout	
56	Restaurant For Steak	
57	Bakery	
58	Coffee Shop	
59	Ice Cream Shop	
60	Deli	
61	Butcher Shop	
62	Fish Market	
63	Bar	
64	Caterer	
<b>Regional Favorites</b>		
65	Hospital	
66	Limo/Car Service	
67	Hotel/Motel/Inn/B&B	
68	Beach	
69	Golf Course	
70	Museum	
71	Place To See Theatre	
72	Place For Family Entertainment	
73	Summer Camp	
74	Mall	
75	Department Store	
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Mail To: Readers Choice Awards 2014 c/o Automated Solutions Direct Inc., 200 Jefferson Rd Ste 203, Wilmington, MA 01887



# OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com

## OUR VIEW

### Farewell, Jim Hamilton

In the newspaper business, we write all kinds of stories — happy and sad ones and all those in the middle. But, here at the Cohasset Mariner, we did not think we would ever be saying goodbye to our long-time and beloved cartoonist Jim Hamilton.

The editorial pages of your Mariner where Jim's cartoons lived for upwards of 25 years is the best place to honor our colleague and friend. We are including a page of some of Jim's most memorable cartoons — but with upwards of 2500 to choose from — that task was a challenging one. We are also including comments from both friends and town officials — some of whom were depicted in cartoons over the years.

This week as the news spread that Cohasset had lost Jim Hamilton — we could take solace in how many people told us they had one of Jim's cartoons on their refrigerator or framed on a wall in their home. Others could describe their favorite cartoons or the ones they felt addressed a tough political issue in a humorous way.

Editor Mary Ford "inherited" Jim when she took over the helm in March of 1992; at that time, Jim had already been turning out cartoons for several years. Jim and Mary not only became colleagues and friends but also forged a mutual respect. Jim always had "our back" — and we always gave him the latitude and freedom to bring local cartooning to a new level.

In the days before email — Jim would leave his weekly cartoon at the old "paper store" on Brook Street. If he was running late, Mary would stop by his King Street home on her way back from the office where, knowing Mary was in a rush, Jim would have taped the cartoon in a large envelope on his side door.

In Jim's professional life, quality and attention to detail were priorities. He also felt that way about his cartoons — letting us know right away if in the Mariner production process, a cartoon was not reproduced properly. Over the years, your Mariner has been the recipient of six New England newspaper industry "General Excellence" awards and two "Public Occurrences" awards where the contest judges said the editorial pages and Jim's cartoons played a key role.

In recent weeks after learning about Jim's illness — we've been running "repeats" leaving the door wide open for Jim to return when he was ready. Our deepest hope was that Jim would rally and soon be back on the team, again creating his own style of political satire that consistently captured the true essence of what makes Cohasset so unique. Sadly, that was not to be.

As we saw this week with the many readers we talked to — through the heartbreak there can be smiles and even laughter. Through his cartoons, Jim shared his big heart, appreciation for local politics and his love for Cohasset. Jim Hamilton will be forever missed but never forgotten.

### Some thoughts are shared

"Jim's cartoons were a rare classic mix of wit and artistry. Even when, as the board of selectmen, we were the targets of a barb, it was still funny to see his cartoon making the point. Only Jim could come up with those images and captions. One of my favorites was the full board of selectmen in a speed boat, in the Cohasset harbor he loved so dear, getting 'swamped' over some political or public policy issue.

"To those that knew him, Jim was much more than a satirist and a cartoonist. I would run into him and we'd have conversations about many other matters. I especially remember one conversation about his love of publishing and bookmaking, regarding his work with the publishing of Edward Tufts groundbreaking books on the graphical presentation of information. Jim was a true renaissance man, a gentleman, farmer and his voice will be long remembered and dearly missed." — Fred Koed

"People and the outdoors fed Jim's creative energies — whether alone at his cabin in splitting logs or turning over his beloved garden, he was content. And likewise, trekking through Nepal, white water rafting in the West, sailing, or just hiking along the hut trials in the White Mountains with Laurie and other kindred spirits, he was happy."

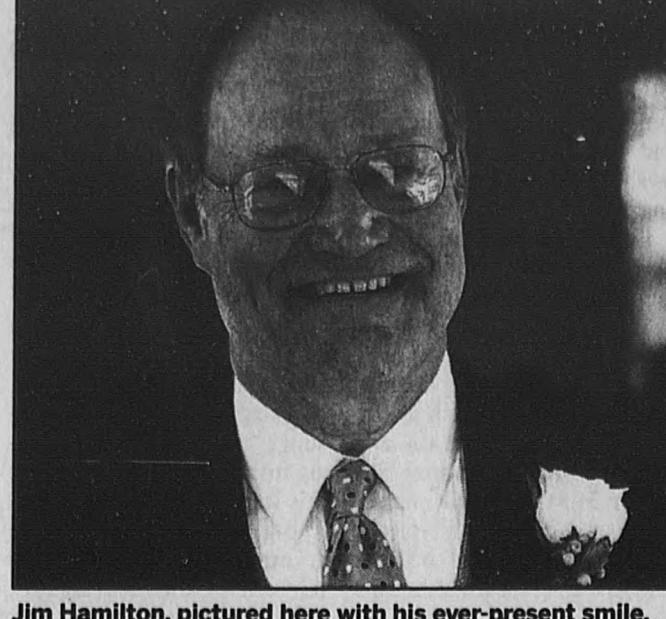
"He was a true Yankee — he loved hard labor, took joy in his own private world, and was generous with the people he cared about. Everything Jim saw, felt, and heard, he translated on paper and into his own special lexicon. So many of his drawings he accompanied with sounds — he loved to mimic people and animals and his iterations never failed to make us all smile."

"Jim was a huge presence — he was singular, outspoken, genuine, modest, guileless. Dogs and kids couldn't get enough of him and he enjoyed a gathering of loyal friends wherever he was. His presence always made the day a little brighter." — Marylou Lawrence

"I met Jim through his 10-1/2 year service on the Board of the Cohasset Conservation Trust. He was an enthusiastic and hands-on presence, always ready with a chainsaw, mower or post-digger when that's what we needed, or wit, wisdom and local history when that was needed. His love of the outdoors was infectious and the CCT benefited hugely from his connections to the wider conservation world, including the Appalachian Mountain Club and the Trustees of Reservations, and his long experience

#### HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.



Jim Hamilton, pictured here with his ever-present smile, passed away Saturday. He was 71. For Jim's obituary, see page 31. COURTESY PHOTO

with caring for conservation land. He was a mentor for me personally on hiking hut-to-hut in the White Mountains, and introduced me to the AMC's Maine Woods Initiative huts, and, more locally, the Bay Circuit Trail around Boston. I and the entire CCT Board will miss Jim's wonderful energy and unique outlook on life. This is a huge loss for us and the whole Town."

— Debbie Shadd

"Jim's cartoons combined commentary and humor in an insightful way that few cartoonists are capable of. I worked on a few campaigns with Jim for various people and/or issues. Actually worked isn't quite the right word as what we really did was have a lot of fun on those campaigns. Driving around and putting up signs with Jim and Wig Pierson was and still is one of the highlights of my Cohasset 'experience.' Jim had a smile on his face that you could power the town with. I always enjoyed talking with him. There was no such thing as a short conversation with Jim, but they were always fun and interesting. He used to call me 'Brother Bonetti' and I'd call him 'Brother Hamilton.' The town is poorer for your loss Jim and I am too. We'll all miss you Brother. Thanks for the laughs." — Russ Bonetti

— Marylou Lawrence

"For years we have enjoyed Jim's pithy, amusing and, often, ironic commentary on life in Cohasset. He captured so much that is good about

"What I loved about Jim's cartoons was he had the pulse of our community, his artwork captured the issues, made fun of the political rancorous behavior of a few, all with humor. On a funny note, Jim helped me face reality. It was through his renderings of me a dozen or so times that I finally realized I was going bald — thanks Jim." — Jackie Dormitzer

"He made politics fun and even in the most trying of times he made us smile at ourselves. A very rare trait for a very rare human being." — Mike Coughlin

"Jim Hamilton was an accomplished cartoonist with the ability to see what was really happening with a tongue-in-cheek honesty. His simplicity always conveyed a message. Jim was not pretentious. He never asked for anything. He loved Cohasset and the many people he knew."

"Jim was a great guy who will be missed by many. Our hearts and prayers are with his family and all that had the pleasure of knowing him. Thank you Jim for your wit and wisdom."

— Merle Brown

"Developing relevant and interesting monthly columns isn't the easiest task, yet week in and week out, Jim Hamilton seemed to perfectly convey the good, the bad and the beautiful of living in Cohasset with his brilliant editorial cartoons. With a keen sense of the issues that were touching us all Jim has been for years our own Wasserman or Szep. Jim's quick witted intelligent views on what was making news in our cozy little hamlet-by-the-sea in many ways set the standard for the Op-ed / editorial pages of the Mariner."

"Jim Hamilton's passing is a true loss to all who read the Mariner. I am not an artist but if I were, I'd share a picture to say my thousand words; a simple drawing of a table, a jar of ink, a pen and a half-finished cartoon with the caption 'Thank you Jim, you'll be genuinely missed.'" — John McSheffrey

"We awakened on a Bristol-32 sloop MAX, to find the skies darkening, the wind picking up, the swells gaining height, and the current churning — and were one of a handful of boats remaining on a mooring (the harbor was packed the previous night). Jim, after a brief conversation with himself, roared 'We have to leave — now.'

"Ham, in charge as he always was on the water, sailed MAX out of P-Town harbor heading for Cohasset. As we raced ahead of the storm with an angry sky and a fearsome sea, Jim, resolute as he always was, remained at the helm while some of the 'crew' remained below deck expelling the previous night's dinner. Ham, smiling and joking to put the 'crew' at ease while on the tiller for six tedious hours — brought MAX home safely — just before the storm broke over Cohasset harbor. Jim's determined leadership assured the safe delivery of the 'crew' — to its home port."

— Robin Lawrence

"My two favorite cartoons were the site of the new Osgood School with officials in a canoe and the one depicting then selectmen Rocky Laugel and Ned Tebbetts shooting ducks in the rushes at Meetinghouse Pond. Jim will be missed by all."

— Martha Gjestebly



Jim Hamilton doing what he loved. The photo was taken during a memorable snowshoe tour of the Cohasset Conservation Trust's Andrus Island property on Lily Pond in 2009. COURTESY PHOTO



Jim Hamilton helping with an Earth Day cleanup in 2008. Here, he is carrying a bag of trash from Jerusalem Road to his truck. Also pictured are the Buckley brothers, Mitchell and Ben. Jim was among approximately 40 volunteers participated in the clean up that day. STAFF PHOTO/ROBIN CHAN

## COHASSET MARINER

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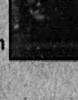
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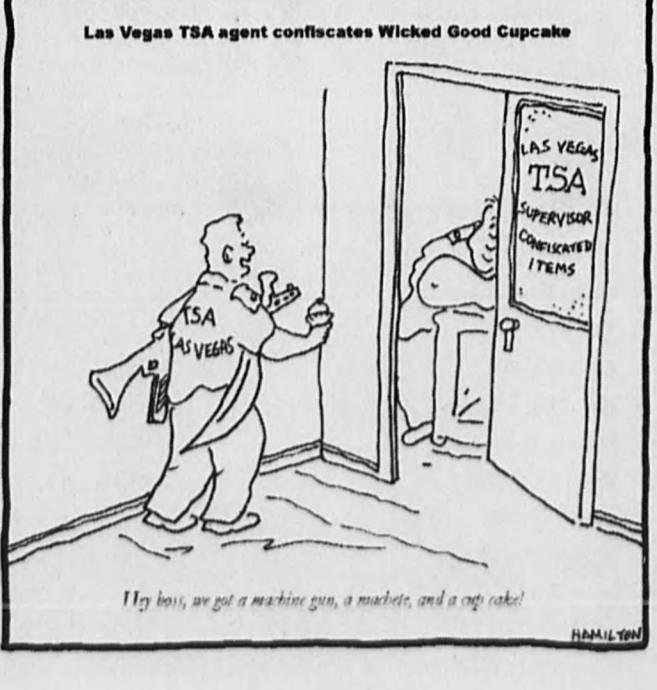
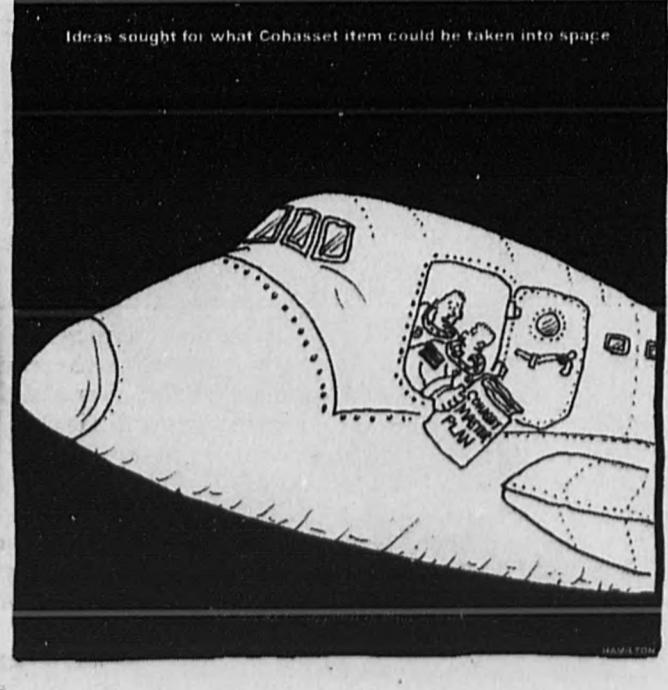
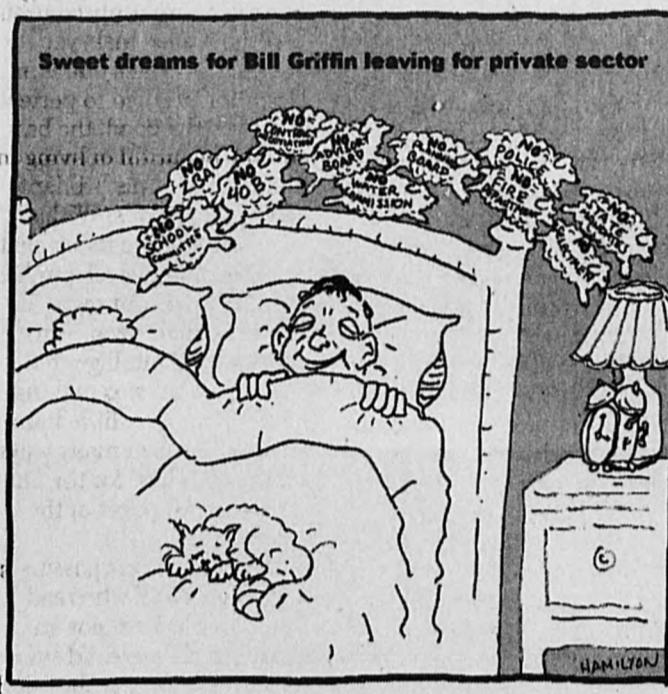
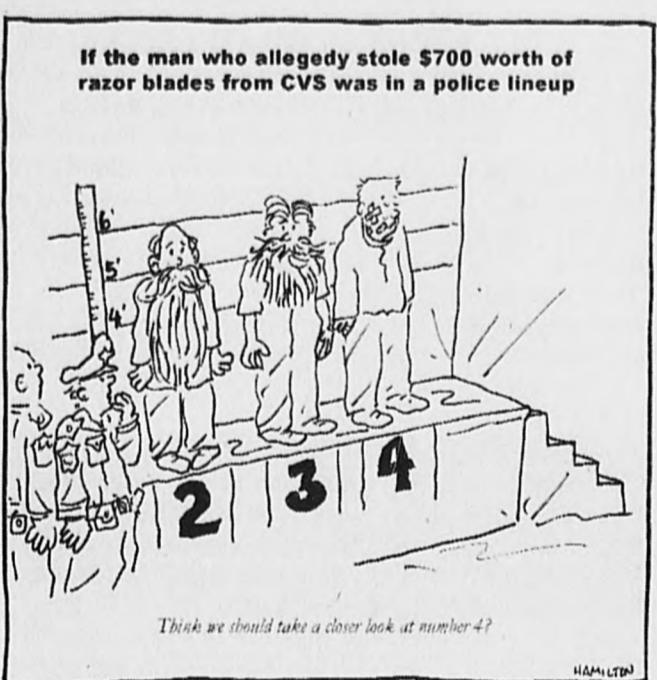
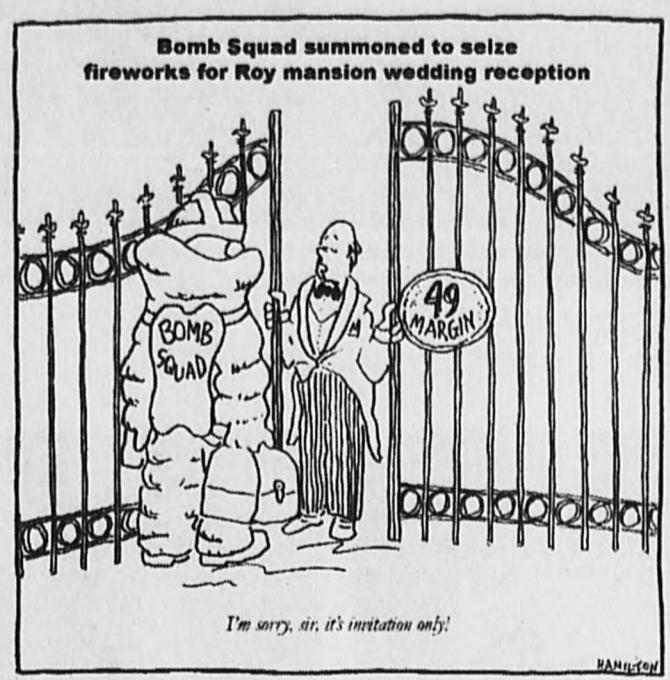
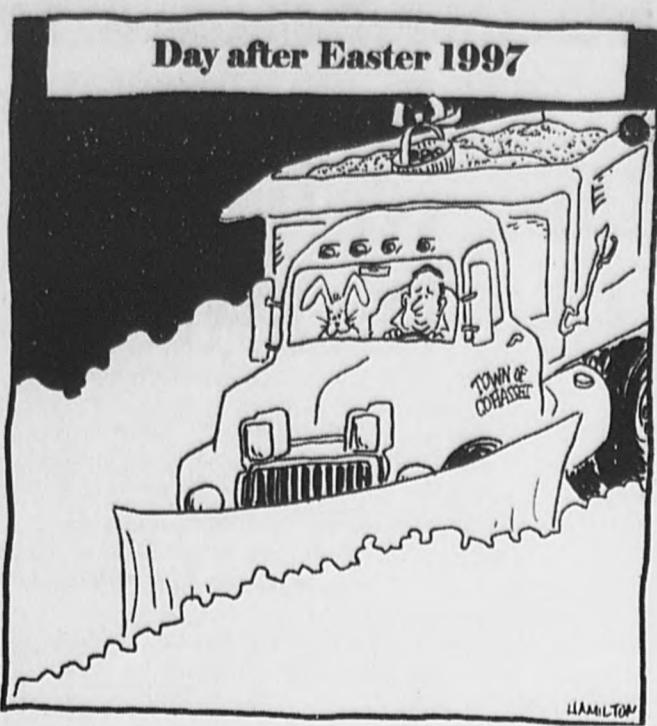
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## **Jim Hamilton's cartoons told Cohasset's story over the years**



THIS WEEKEND

# Briefs: A Festival of 10-Minute Plays

The Cohasset Dramatic Clubs presents its second production of its 92nd Season, "Briefs," a collection of seven 10-minute plays on Friday, February 7 and Saturday, Feb. 8 at 7:30 p.m. at the historic Cohasset Town Hall Theatre, 41 Highland Avenue on Cohasset Common.

"Briefs" is composed of seven short, 10-minute plays from some of our country's pre-eminent, award-winning playwrights. Seven directors have been chosen from the Boston area to helm each of the short pieces.

Seating will be cabaret-style with beverages along with sweet and savory snacks included in the price of your ticket (\$15 per ticket). Everything is served to you at your table.

Tickets are available by calling 617-922-0280 or purchasing online at [brownpapertickets.com/event/557410](http://brownpapertickets.com/event/557410)

## Meet the directors, casts, and their plays:

• "Albert Einstein's Brain" by Ron Burch  
Director: Jonathan Markella  
Cast: Ken Carberry and Kim Teves

• "All The Answers" by Mark Cornell  
Director: Bill Stiles  
Cast: Madison Pratt and Scott Stevenson

• "Epiphany" by David MacGregor  
Director: Barbara Baumgarten  
Cast: Pam Curren and Ken Carberry

• "Kung-Foolery" by Brett Hursey  
Director: Tim Hayes  
Cast: Bonnie Gardner, Dan Toomey, and Janine Vlassakis

• "Misfortune" by Mark Harvey Levine  
Director: Victoria Kirichok-Pratt  
Cast: Tony Light, Janine Vlassakis, and Sharon White

• "Objective" by Peter M. Floyd  
Director: Lisa Rafferty  
Cast: Zele Avradopoulos, Bob DeLorenzo, Allison Porter, and Bill Stiles

• "The Stand-In" by Brett Hursey  
Director: Lisa Pratt  
Cast: Meghan Considine, Tony Light, and Brendan Smith



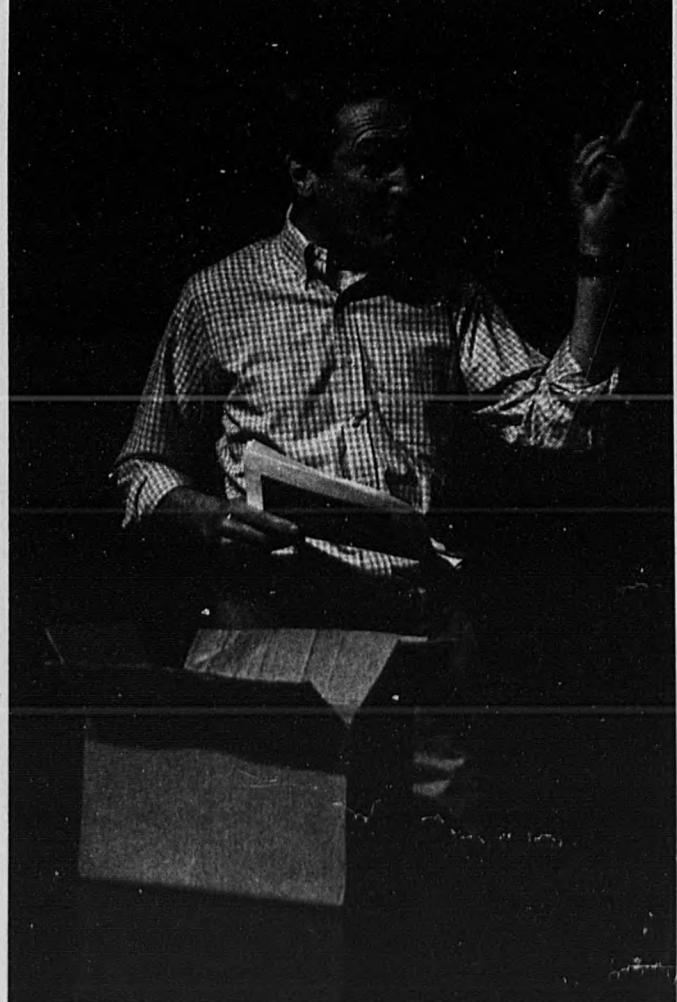
(From left) Victoria Kirichok-Pratt, Jonathan Markella, Barbara Baumgarten, Lisa Pratt, Tim Hayes, and Lisa Rafferty direct plays for the Cohasset Dramatic Club's festival of short plays. Bill Stiles also directs, but he is not pictured.



In "Kung-Foolery" Janine Vlassakis has to deal with her husband, played by Cohasset's Dan Toomey, being a Ninja.



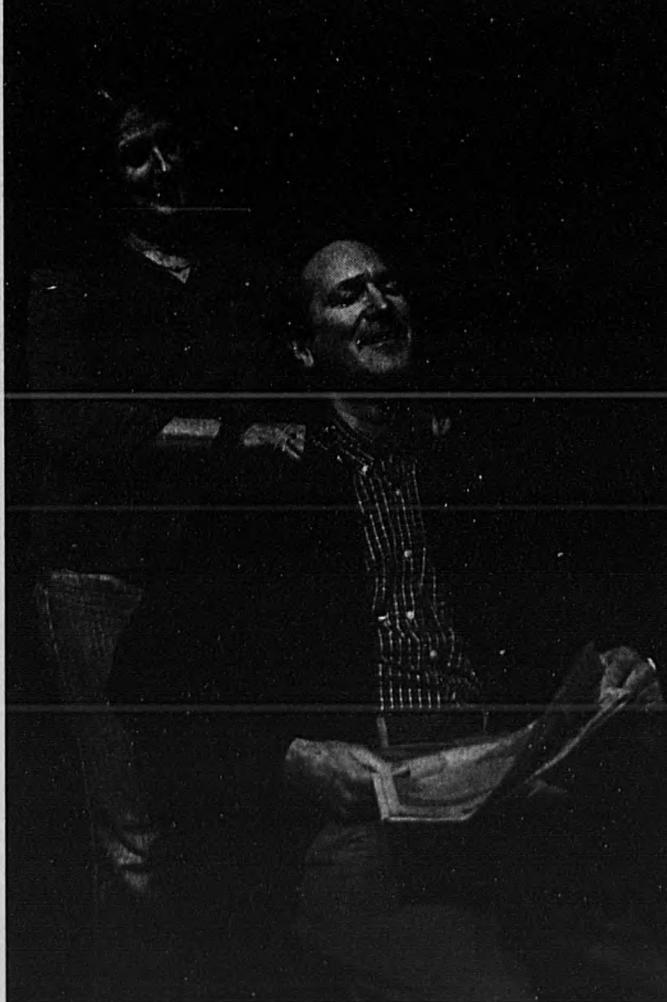
Sharon White serves sinister fortune cookies to Janine Vlassakis and Tony Light during dress rehearsal for "Misfortune" at Cohasset Town Hall Theater.



(Above) What would happen if your fortune cookie said you were going to die today? The answer is in "Misfortune."

(Left) Ken Carberry purchases something famous in "Albert Einstein's Brain".

(Right) Pam Curren and Ken Carberry star in "Epiphany."



Photos by K. A. MacDonald



Even though Janine Vlassakis is married to a Ninja, absolutely nothing could go wrong when your mother, played by Bonnie Gardner shows up in "Kung-Foolery".



In "Albert Einstein's Brain," Ken Carberry and Kim Teves have to deal with his obsession with important artifacts.

## POLITICAL PERCH

## Moby Dick, Richard Nixon and Cohasset politics



KEVIN MCCARTHY

Revenge, and what it can result in, is one of the main themes of "Moby Dick" by Herman Melville. The great white whale Moby Dick attacked and maimed Captain Ahab on a previous voyage - tearing off one of his legs in the process. Taking revenge and killing Moby Dick became a lifelong obsession of Captain Ahab. In the end, Moby Dick won the final bloody encounter with Captain Ahab, dragging him to the bottom of the sea and sinking his vessel the Pequod - leaving only one survivor, Ishmael.

One view on this epic adventure is about evil and what to do about it. If the killer whale Moby Dick symbolizes evil then Captain Ahab represents those that see evil in the world and fight it or seek to correct it. But the caution in this tale is that if you fight evil you must be prepared to accept the potentially dangerous consequences. For evil, like the great white whale Moby Dick, can lash out at you with a dangerous or even deadly strike of its sweeping tail. There may be something noble about fighting perceived evil, as Captain Ahab did - but one must be very brave and always remember - evil can strike back fiercely.

It's no secret in Cohasset that our politics has gotten nasty and perhaps even down right evil in many ways nowadays. Those who see this disturbing political environment, and enter the political arena in one or more of the many ways one can participate in local politics and government are brave in my view. Hopefully they do not get obsessed like Captain Ahab did, especially if they get hurt trying to navigate the too often irra-

**And if we look even closer into our opponent's eyes we just might see the reflection of ourselves looking back at ourselves - and that might make a difference.**

tional and mean seas of Cohasset politics. But fighting the good fight and trying to make right what is too often wrong in our political arena has a certain noble ring to it - as long your eyes are wide open to the dangers and you don't let it become the kind of maniacal obsession that finally doomed Captain Ahab, his ship and the entire crew - except Ishmael.

Moby Dick had sunk other ships and maimed other captains, but most of them chose to move on with their lives and not pursue the evil giant. Apparently they were willing to accept the presence of evil and hateful things in their lives as an inevitable part of life. But not Captain Ahab, he never let go of his obsessive hurt and it finally brought him down. In a way, this reminds me of Richard Nixon's final words upon leaving the White House after he resigned office: "Always remember, others may hate you. But those who hate you don't win unless you hate them. And then you destroy yourself." The lesson for me in Melville's classic novel is that emotions can be good, we need them to be human, but they must be controlled by our reason or they can destroy us and those around us.

Captain Ahab's mate Starbuck and others tried to steer Ahab away from his fanatical pursuit of Moby Dick. One of their arguments was that, while Ahab may have hated Moby Dick, the hatred was not returned. Moby Dick did not hate or pursue Ahab - the giant killer whale was doing what came naturally - in fact he may have just been trying to protect himself, after all being harpooned isn't exactly a welcome gesture of friendship and love.

*Kevin McCarthy is an attorney residing at 155 Fair Oaks Lane since 1992 and can be reached at [mcart9@gmail.com](mailto:mcart9@gmail.com).*

## COMMENTARY

## My memories of the Beatles



PAUL CARLSON

Fifty years ago on Friday, Feb. 7, 1964, the Beatles arrived in New York City for the first time. The airport was packed with screaming fans and two days later they appeared on the very popular "Ed Sullivan Show." I doubt there are many people around who have not seen shots of the wildly enthusiastic fans from that evening.

Some say that was one of the most dramatic events in the history of popular music. I don't know because it is hard to compare with the outpouring of bobby-soxers that greeted Frank Sinatra and, later, Elvis Presley. But nobody can discount the reception that greeted the "Fab Four" that weekend.

What was it like for those who were there? Well, my memory was, of course, shaped by where I was in my life at the time. I do remember being in the office on a Saturday in January 1964 when one of the office workers had a radio on. All day the DJ was playing Beatles music. Since not many

**What was it like for those who were there? Well, my memory was, of course, shaped by where I was in my life at the time.**

of their songs had been released in America by then, the play list was short and repetitive. However, I distinctly remember the fellow with the radio screaming "I want to hold your haand!" frequently. That song had just been released here and was a sensation. We lived in New Jersey and I remember that my 16-year-old sister in law to be went ballistic when her parents gave her permission to go to the airport for the Beatles' arrival.

By early February I was beginning my MBA studies and had little time for new pop music. My tastes were more retrograde - Buddy Holly, Everly Brothers, Jerry Lee Lewis: all progenitors of the Beatles. I also enjoyed my records of the Kingston Trio, Benny Goodman, Dave Brubeck and others. However, the greats of the 1950s were soon left behind and the British Invasion dominated the airwaves.

I think popular music tastes often get frozen when people assume other responsibilities. I was 22 in February 1964. A year later I was married and less than three years later my career

was underway and my first son was born. The responsibilities of adult life dominated my attention and energy. I was vaguely aware of the music of the Beatles, the Rolling Stones and other British groups. Later, I had the time to listen to the music and now I do enjoy the Beatles oeuvre; not so much the Stones.

Nevertheless, these groups had a huge impact on the national consciousness. The next generation of youth questioned authority, fueled the anti-war and the civil rights movements and embraced recreational drugs. The British Invasion had a lasting impact on American culture long after the Beatles broke up less than six wild years after their Ed Sullivan performance.

I was there, sort of, at the beginning of a very dynamic time for American culture. I wonder about the reminiscences of other contemporaries.

Fifty years after their dramatic arrival, people still listen to Beatles music.

*Paul Carlson lives at 18 Old Coach Road.*

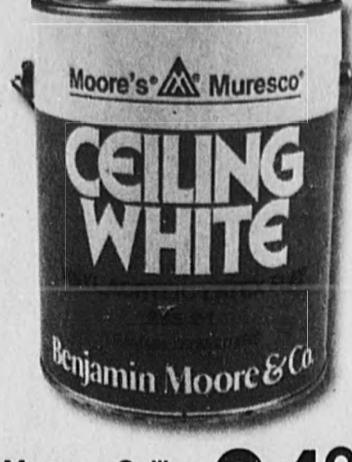
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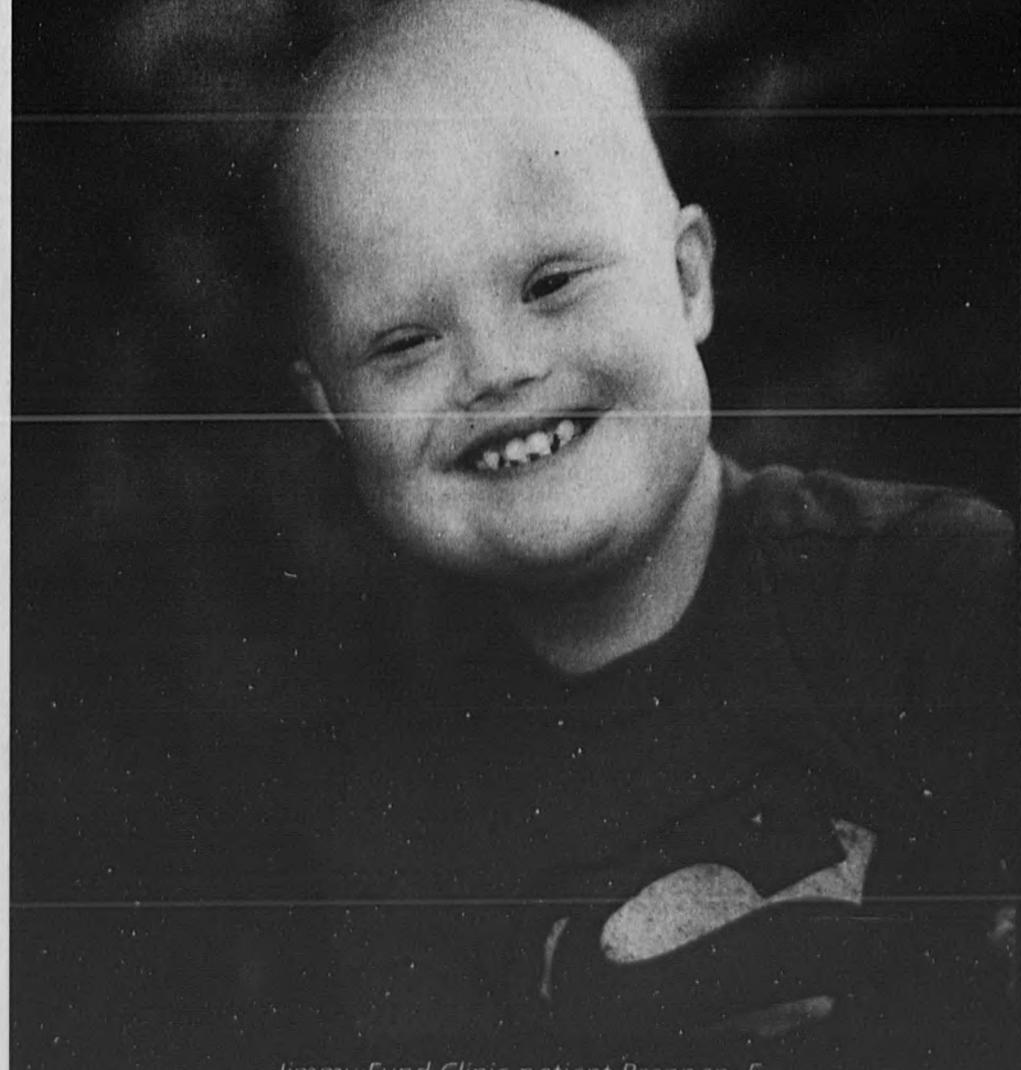
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Jimmy Fund Clinic patient Brennan, 5

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WICKED LOCAL





# SPORTS

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or [wwassersug@wickedlocal.com](mailto:wwassersug@wickedlocal.com)

## SPORTS NOTES

### SPORTS

#### Send your stuff

William Wassersug is the Sports Editor for the Cohasset Mariner.

Please send your stories and photos or story ideas to [wwassersug@wickedlocal.com](mailto:wwassersug@wickedlocal.com) and follow him on Twitter @scifisports-guy

### ROUNDUP

#### Swimmers win

Congratulations to the Cohasset swim team for a 90-72 season-ending victory over Blue Hills, Tuesday.

In girls basketball, Cohasset lost a 36-29 decision to Hull, Monday, while the boys beat Blue Hills 68-49 behind 19 points from Henry Brown.

Saturday, the boys hockey team lost a tough game to Norwell 5-2.

### CYBSA

#### Registration open

Online Registration for the 2014 Season is Now Open

The CYBSA will hold its regular online registration for the 2014 spring season January 21 through March 15

Please complete the registration process by visiting our website: [WWW.CYBSA.net](http://WWW.CYBSA.net)

Late fees of \$50 applied March 15 through March 25.

For more information, see Page 20

### ROAD RACE

#### Cohasset Race By The Sea

Cohasset Road Race by the Sea 10K presented by Rotary Club of Cohasset will be Sunday, April 6 in Cohasset.

Registration is now open. The 10K race begins at 1 p.m. The Fran Coffey Memorial Walk, which takes place on the same day, begins at 10 a.m. at Sandy Beach parking lot.

Register at [roadracebythesea.com](http://roadracebythesea.com) "Like" us on facebook.

For more on the race, see Page 21

### COACHING VACANCY

#### JV Lacrosse

Scituate high school is looking for a JV/Asst. Varsity Boys Lacrosse coach.

Interested applicants should send a resume and a letter of interest to Head Coach, Mark Puzzangara at [mpuzzangara@scit.org](mailto:mpuzzangara@scit.org)

## BOYS BASKETBALL

# High flying

Hoopsters start season 14-0

By William Wassersug  
[wwassersug@wickedlocal.com](mailto:wwassersug@wickedlocal.com)

Cohasset boys basketball coach Bo Ruggiero has been a part of some great teams in his six years at Cohasset, but the 2013-14 version might prove to be extra special.

It's hard not to think so, considering that the Skippers are 14-0, and ranked No. 15 in the state in at least one big local poll.

To add to that is the fact that Cohasset is one of just three undefeated teams left in the state.

"We're 14-0. That's a pretty impressive number right

## BIG GAME

The Cohasset boys basketball team will host South Shore League rival East Bridgewater on Saturday at 4:45 p.m. at the Skipper Dome.

The game is a makeup from an earlier game that was postponed due to snow.

Come out and support the Skippers

now," Ruggiero said. "We've had some runs in the past, but

SEE BASKETBALL, 21

## WRESTLING

# Winning streak

Wrestlers win five straight matches

The Cohasset Mariner

It didn't take long for the Cohasset wrestling team to turn things around.

After a three-match slump two weeks ago the wrestling team has ripped off five straight wins to improve to 16-6-1 and 3-0 in the South Shore League.

Last weekend in Middleboro, Cohasset started with an important 40-25 win over sectional opponent Sandwich High School. Cohasset then drew division 1 power Westfield.

Cohasset prevailed with a 41-33 win and the most exciting match of the season. Then the Skippers beat Division 1 Shepard Hill 38-24, for a 3-0 day.

In the Sandwich match Cohasset had pins from 106

Mike Nolan, 126 Harry Helbok, 145 Jack Osten, 152 Nick Hall, 160 Chandler Skolnick, 170 Matt Froio and a major decision by Cole Sullivan. Sophomore Jack Osten's win was big, as he is coming off an injury and showed he is ready to help the skippers in the stretch run.

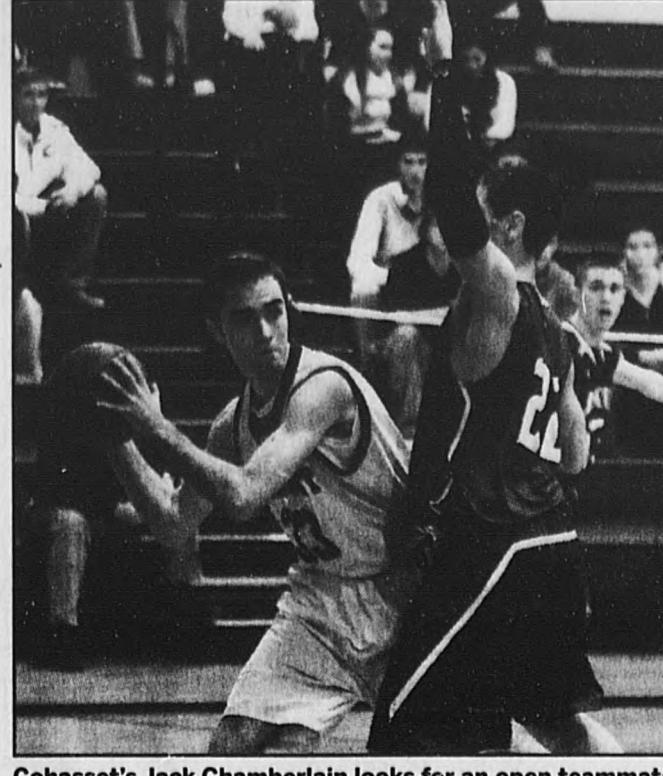
In the Westfield match pins

came from eighth grader Mike Nolan, freshman Drew Skolnick, sophomores Wyatt Dominguez, Connor Naughton, and junior Hayes Keniley.

Both sophomore Nick Hall and junior Matt Froio beat top ranked wrestlers in their weight classes. Hall won an exciting 8-6 match with a late second reversal. Froio on the other hand dominated the ninth ranked wrestler in the state with a 10-0 victory.

ALSO INSIDE  
CALENDAR  
'A Fine Romance' concert at South Shore Conservatory 31

HEALTHY LIVING  
Menu must-haves for good nutrition See pages 24, 25



Cohasset's Jack Chamberlain looks for an open teammate under pressure from Abington's Luca Cerasani. STAFF PHOTO/MARK GARDNER

## GYMNASI

# Cohasset/Norwell nails it

Girls edge Hanover in a nailbiter

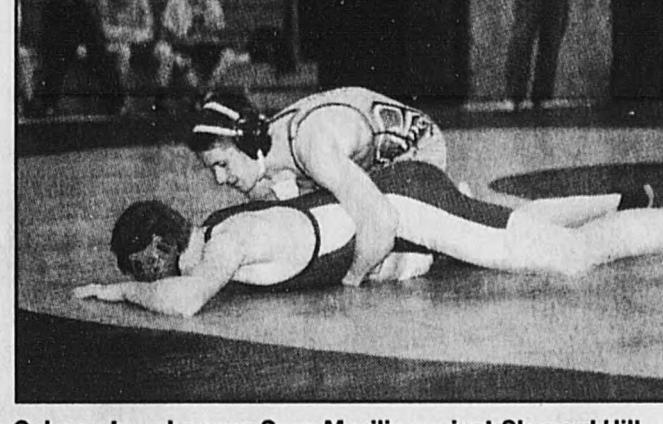
By Ryan Wood  
[rwood@wickedlocal.com](mailto:rwood@wickedlocal.com)

The high scores and victories keep on adding up for the Cohasset/Norwell gymnastics team.

Saturday, the girls squeaked past Hanover, 133.45-133.25, and had very few mistakes in the process.

The night began on the bars, and the Cohasset/Norwell gymnasts nailed it. Jessie Westergard scored a 9.5, followed by Claire Brookbank (8.0) and captain Emma Basso.

Leading by 0.80 points after one event, Cohasset/Norwell owned the vault. Westergard led the way with a 9.4, and Brookbank and Emma Basso scored an 8.5. Captain Christina Tedeschi scored an 8.0. The girls won the vault by just 0.05 points, giving them a slim, 0.85 lead



Cohasset sophomore Sean Mavilia against Shepard Hill. COURTESY PHOTO

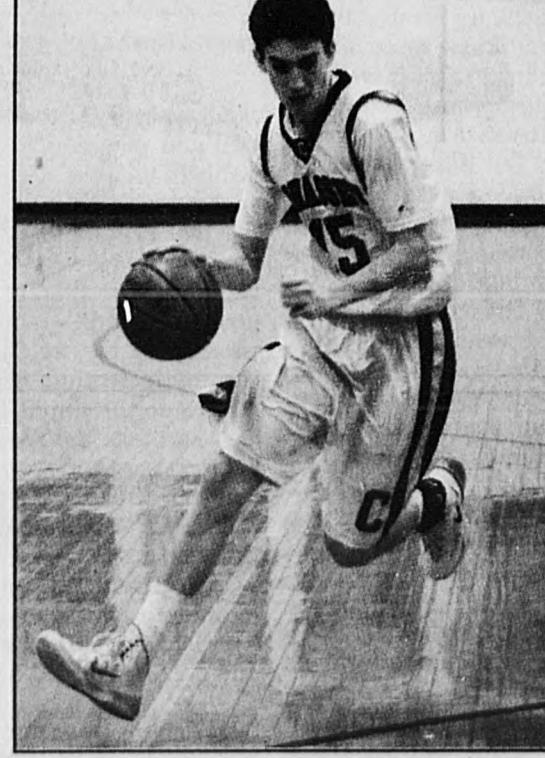
SEE GYMNASTICS, 21

## ATHLETE OF THE MONTH

### ★★ Henry Brown ★★

**"Henry has an extremely high Basketball IQ. He sees the game well and plays fundamentally sound basketball. He has worked very hard to make himself a good player"**

Cohasset coach Bo Ruggiero

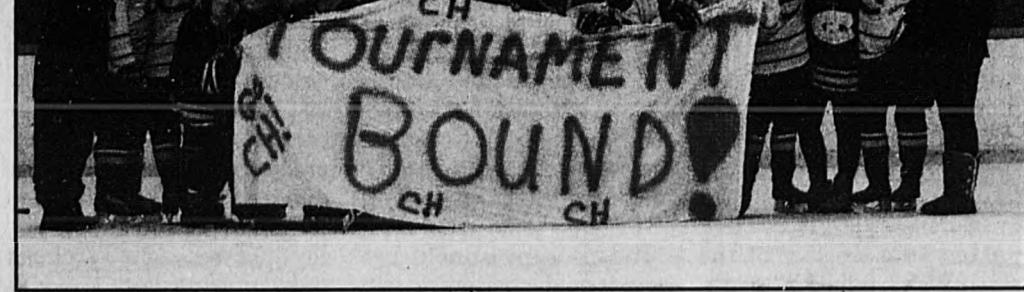


Henry Brown PHOTO/K.A. MACDONALD

Brown, known to his team and fans as "The Quiet Assassin," averages a team leading 12 points per game, and is second in rebounding as well. He scored double figures in seven of eight games.

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The Cohasset/Hanover girls hockey team celebrates qualifying for the MIAA tournament for the first time in team history after beating Quincy/North Quincy. COURTESY PHOTO

## GIRLS HOCKEY

# New frontier

Girls qualify for postseason

The Hanover Mariner

three-year history with a 2-0 win over Quincy-NQ, Friday.

Valerie Farren scored the game winner in the first period and Kaitlin McGovern sealed the victory with a big goal in the second period.

Shea Kearney who has played strong all year posted a shutout in the game.

The team led by head coach

Deb Beal and assistant coaches Rachel Keating and Ted Coyle have five more games in regular season.

Cohasset Hanover had a convincing 3-1 win over Norwell Saturday with one goal by Callie Hoadley and two by Sam Taylor to put the team in second place in the league. Their record is now (8-2-3).

"We have grown immeasurably since the start of the

SEE HOCKEY, 20



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Late fees of \$50 applied March 15 through March 25

The registration process will be closed on March 25, 2014. Registrations completed after March 15 will be charged a \$50 late fee and late registrants will only be placed on a team if space permits, on a first-come, first-served basis. The late fee will be strictly enforced and there is no guarantee that

late registered players will be accommodated, as uniform orders and other season plans will be made on March 25th.

Your cooperation in registering players in a timely manner is greatly appreciated as it allows the CYBSA to establish rosters and order equipment and uniforms so that we are ready for Opening Day.

Note that returning players already assigned to a Major League team are still required to register.

Please direct questions to Barbara Wipf at [bwipf@comcast.net](mailto:bwipf@comcast.net) or 781-383-9473.

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## HOCKEY

## Great performances

## South Coastal Hockey League roundup

By Mark Ducharme  
Correspondent

There were some great performances in the South Coastal Hockey League this past Sunday.

The Rangers demonstrated the quick goal approach in their 6-3 win over the Maple Leafs in a Classics Div. game. They scored two goals in the span of 14 seconds in the second period and they added three more in a 29 second span in the third period.

Bob Sideropoulos of Pembroke scored a goal and assisted on three others while both Brook Conley (a goal and two assists) also of Pembroke and Chad Sullivan added three points each (two

goals and an assist) for the Rangers.

Jeff Uva and Ted Duggan both scored a goal for the Rangers.

Joe McCafferty scored two goals and Jeff Gauthier added a goal and Joe Greene had two assists for the Leafs.

Pembroke's Brian Hurcombe scored three of his five goals in the third period and assisted on another one as the Red Wings held on for a 7-5 win over the Black Hawks in a Classics Div. game. Pat Burke and John Guilderson added a goal each for the Wings.

Norwell's Stephen White scored a goal and assisted on another, while Tony Rota, Norm Racicot, Pat Mulkern

and Mike Sweet scored for the Black Hawks.

Tom Hickie of Pembroke broke a 2-2 tie with 3:31 left and the Bruins held on for a 3-2 Classics Div. win over the Canadiens.

Bob Devereaux and John Dougenik added a goal each and Hickie also assisted on a goal.

Tom Powers scored both the goals for the Canadiens.

Whalers goalie Barry Kaiser recorded his second straight shutout and Scituate's Steve Concannon scored the only goal of the shoot out as they defeated the Stingers in a 1-0 victory. Pembroke's Mark Frano recorded the shutout in regulation for the Stingers.

Hingham's Nate Rasmussen had a goal and an assist in regulation and scored the only goal in the shootout in the Crusaders' 3-2 win over the Saints in a Legends Div. matchup. Mark Kaplan also scored for the Crusaders, while Todd Roach and Chuck Ryan scored for the Saints.

Hank Mosca of Pembroke, Marshfield's Tim Cruz, Dana Dolabany of Norwell, Jay Faherty and Hanover's Mike Murphy scored a goal and assisted on another each in the Sharks 6-2 Legends Div. win over the Toros. Pembroke's Bill Sawtelle also scored for the Sharks.

Mike Martin of Pembroke scored both Toros goals and they were set up by Hanover's Scott Morgan.

## HOCKEY

Continued from 19

season," Beal said. "The girls are so ready to perform at the next level and each day we practice or play you can see the confidence in them. I watch them and how they react and respond, they used to be timid and would back down from a challenge occasionally and get quiet, but now they use their voices and share their ideas in the locker room and at practice."

For Beal, the ultimate goal for her players, is the future.

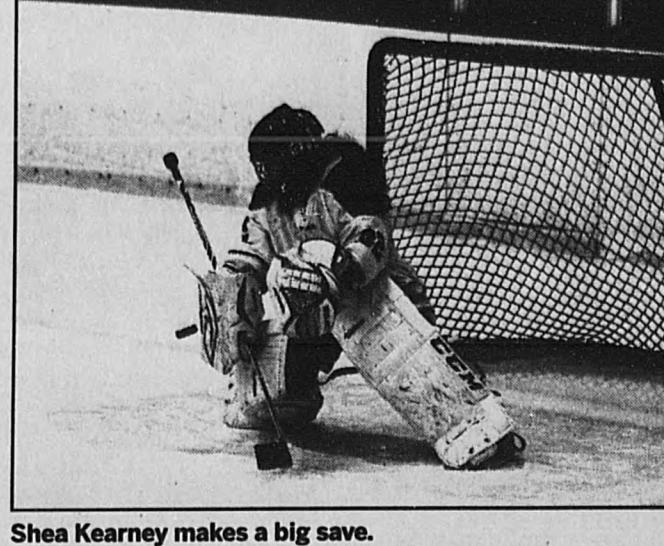
"It takes a long time to build the foundation we have built and my hope is that when this is all said and done for them and they move on from their respective high schools and they continue to follow the program down the road, is that they always remember they were the ones that laid the groundwork and they are the true cornerstones of this program," Beal said. "Looking back through the years, in our first season we were basically a "club team" that played a few games and tried to navigate our way through a season. The past three we have been a varsity program and have made huge steps. In 2011-2012 we finished up 4-12-2 and knew we could improve. In 2012-2013 we came out blazing and had hopes and dreams to qualify for post season but hit a few bumps and ultimately finished off 5-10-3, clearly an improvement but more importantly a confidence boost."

Beal felt the team was on the right path.

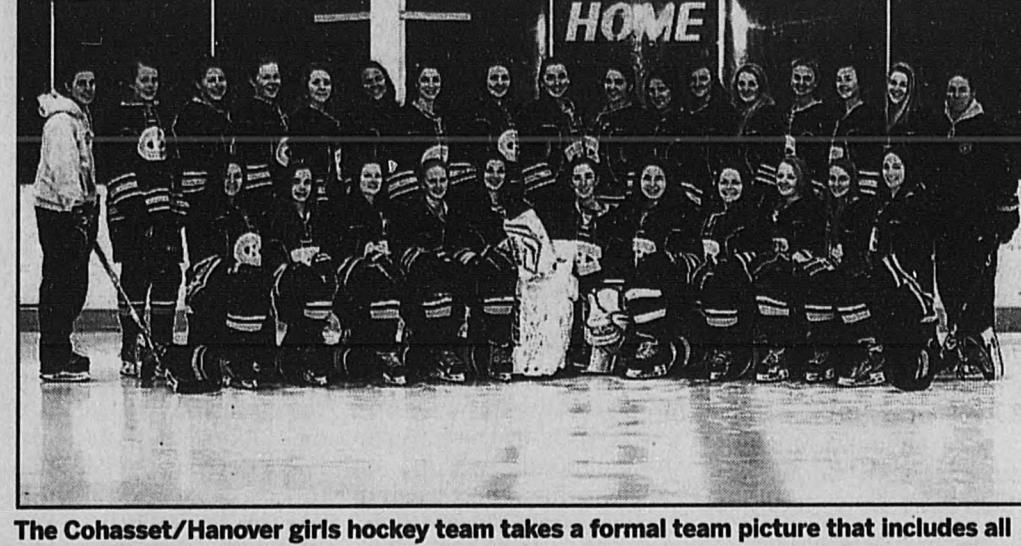
"I know from speaking with the older kids that a week or so after last season ended they were ready to start back up again because we knew things would be different next season. With the addition of many new skaters we confidently took the ice and we haven't looked back."

Making the tournament is a huge step.

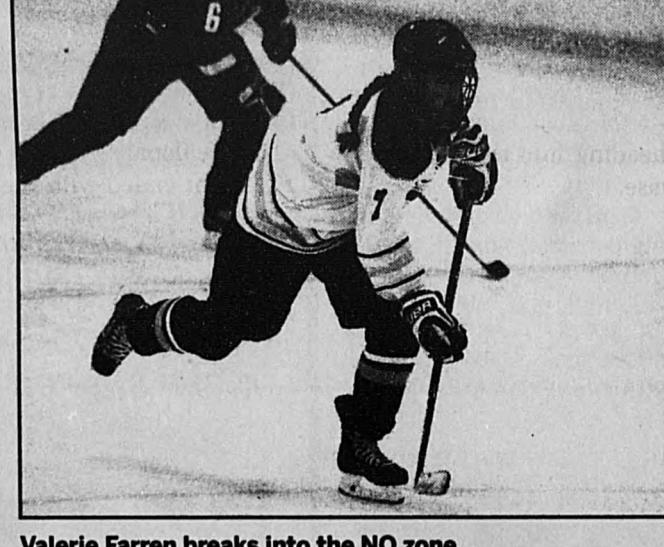
"Last Friday night in our home game against Quincy/North Quincy we were able to secure our spot for the first time ever in the MIAA Division 2 Girls Hockey Tournament. I know I speak for the girls and for the coaching staff that was a huge weight lifted off our shoulders and now we can really pick up speed heading into our last four games," Beal said. "The next night we came out



Shea Kearney makes a big save.



The Cohasset/Hanover girls hockey team takes a formal team picture that includes all team members. COURTESY PHOTOS



Valerie Farren breaks into the NQ zone.



Ari Soldano fights for the puck in front of the net against Quincy/North Quincy.

against league opponent Norwell and played quite sluggishly in the first period. We spoke very quickly between the two periods about how just because we earned a spot we don't have the luxury of not performing every time we step on the ice. We are constantly reminding these girls to do the simple things well and take the risks that help you learn and grow when you can. Team sports are called so for a reason, the entire team has to work towards a common acknowledged goal in order to achieve it."

Beal made it clear that each and every player has a job to do.

"We often rely on our team-

mates to do our jobs when we get either beat by an opponent or tired," she said. "We need to really take ownership of our roles on the team and ice and do our jobs, it is my belief that rest will fall into place. We are going to make mistakes but it is how we recover from them shows us how great we really can be."

Beal feels her team is headed in the right direction as the

season winds down.

"This team is peaking at just the right time, we have our final regular season games spread out over the next two weeks and we get a little time to prepare for post season play," she said. "I'm pretty sure that just making the tournament isn't enough for most of these kids. We want to put our little program on the map. We've talked a lot recently about how when we started the season and we began winning we had a little target on our backs but we were just a little Co-Op team that hadn't done much in the past couple years. We started winning more and came up with a couple really big performances and we qualified and now I remind them that target is pretty big now."

The girls finish off with

league-leading Whitman

Hanson/Pembroke, Scituate,

Dennis Yarmouth and Latin

Academy.

"What is great about this group is how spread out our scorers are," Beal said. "Yes we

have few great skaters who

can score a lot but if you look

at our stats we have 47 Goals For and 11 different scorers. Almost everyone has either a goal or an assist. We've spread the wealth nicely and each of them has the ability to continue to do so."

If there's any trouble, Beal

feels it is closing out games.

"We've struggled as of late

with finishing off the game

and playing three solid peri-

ods of hockey," she said. "We've ha-

to really focus on our

jobs to not allow our oppo-

nents to sneak back into the

competition. We've learned

some hard lessons by giving

up some comfortable leads

(although in the coaches eyes

no lead is comfortable until

the game is over). Keeping in

mind these girls are just kids

and that they are a lot more

than just hockey players, I

am extremely proud of them."

Beal is happy her team

made the post-season.

"Qualifying for post season

was a goal we set and dis-

cussed as the season began

and to meet it and not have it come down to the wire in the last game is wonderful," she said. "So now we take another step forward, switch gears and get ready to continue to play hard. I know myself and my staff are excited so I can only imagine how the kids and their families feel. We had a moment qualifying for

## COLLEGE HOOP

## Appreciation Day

Massasoit Community College men's and women's basketball teams are hosting Fan Appreciation Day on Saturday, February 8. Come watch the Warriors take on CCRI in the Asiasi Field House on the Brockton Campus.

The women play at 1 p.m.

and the men play at 3 p.m.

Catch some competitive col-

lege basketball, free hot dogs,

popcorn, games with prizes

and more. All are welcome

and admission is free. For

more information go to

[www.massasoit.edu/athletics](http://www.massasoit.edu/athletics).

95.9 FM WATD will be

broadcasting the games live.

## FLAG FOOTBALL

## SSYMC Registration open

Registration is underway for the South Shore YMCA Emrison Branch spring season of NFL Flag Football. The YMCA NFL Flag Football is the premier youth football league for boys and girls ages 7-14.

This program provides

young players a fun and exci-

ting opportunity to engage in

non-contact, continuous ac-

tion while learning lessons in

the post season and I reassure we will go back and celebrate that more but for now that was a stepping stone to move us forward. Lets do the best we can and complete this season as a team and aim as high as we can. You never know what can happen."

teamwork. Registration will run until late February with first games slated for March 23.

The South Shore YMCA NFL Flag Football League is broken down into three age brackets, 7-9, 10-12, 13-14 boys and girls. Practices are once a week and games are played on Sunday afternoons.

The season runs March 23 through May 18. All practices and games are held at the South Shore YMCA Emrison Branch outdoor field and will be coached by parent volunteers. All players will receive an NFL team identified jersey and a NFL flag belt.

For more information or to register your child call Linda Montoya at (781) 829-8585 ext. 260 or visit the website at [www.ssymca.org](http://www.ssymca.org).

## More vacancies

The following coaching position is available for the spring season at Hingham High School:

Junior varsity softball

The spring season will begin on March 17th and end approximately June 1st.

Interested candidates should send their letter of interest and resume to [mconaty@hingham-schools.org](mailto:mconaty@hingham-schools.org)

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## BASKETBALL

Continued from 19

we've never been undefeated this late."

That doesn't mean the Skippers can rest on their laurels however. The South Shore League has some tough competition, including a Rockland team with just two league losses.

Norwell and East Bridgewater are also close behind.

The Skippers will have an opportunity to add a little distance to their lead over East Bridgewater when they host E.B. in a makeup matinee at 4:45 p.m. on Saturday.

"We beat them by one point at East Bridgewater the first time we played," Ruggiero said. "We beat them 33-32."

Ruggiero is hoping for a big turnout Saturday.

"This is a huge game for us," he said. "There are championship ramifications."

This year's Skipper team is a bit different from previous versions.

"The first key is that we stuck to what we've always felt was our trademark," Ruggiero said. "We continued with our full court pressure on defense, and our Fastball style on offense. The difference this time is that we don't have one star player. Someone different steps up every night."

Last year it was Shane Haggerty. Before that, there was Robbie Mahoney, Robert Jones and Chris Martin.

This year, anyone could be that guy on any night.

"Two years ago we had Robert Jones and went 22-3, he was the marquee player," Ruggiero said. "But we were still a team. Last year Shane Haggerty was a star, but we still had a star. This year in 14 games, there are probably 10 different guys who were the top two scorers. There are guys who might score 16 on a Friday night, then come back with six or eight the next game."

On the whole, Cohasset is averaging 58 points per game, a number that closely matches their scoring average in previous years.

Looking at the team, Henry Brown, a 6'3" senior is leading the Skippers with 12 points per game, to go with six rebounds a game. Brown is also shooting 60 percent from the floor and 70 percent from the charity stripe.

"He's the Quiet Assassin," Ruggiero said. "He has an extremely high basketball IQ. He sees the game and plays it fundamentally sound. He takes full advantage of what he has."

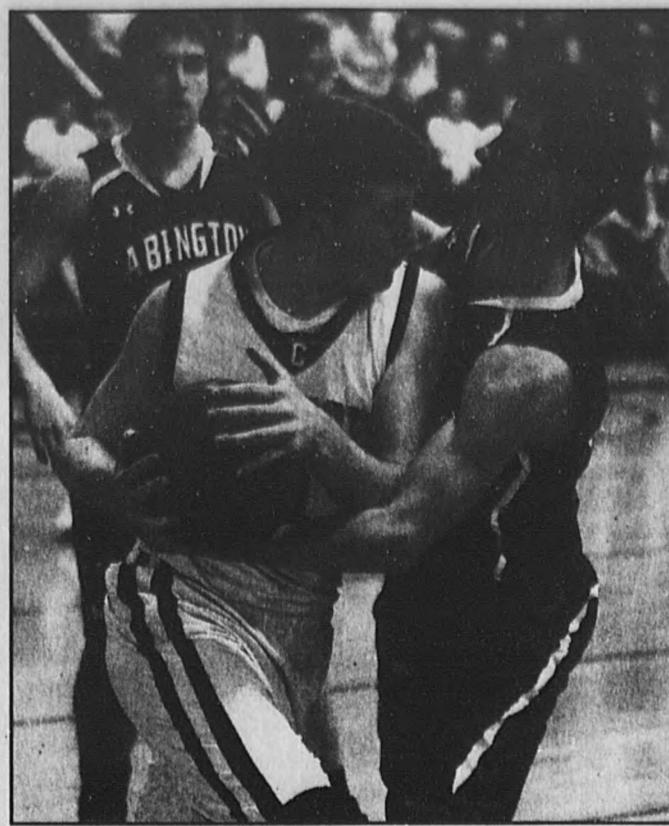
Senior captain Chris "Micro" Haggerty is next with eight points per game.

Senior captain Joe Buckley is also averaging eight points per game. And eight rebounds per game.

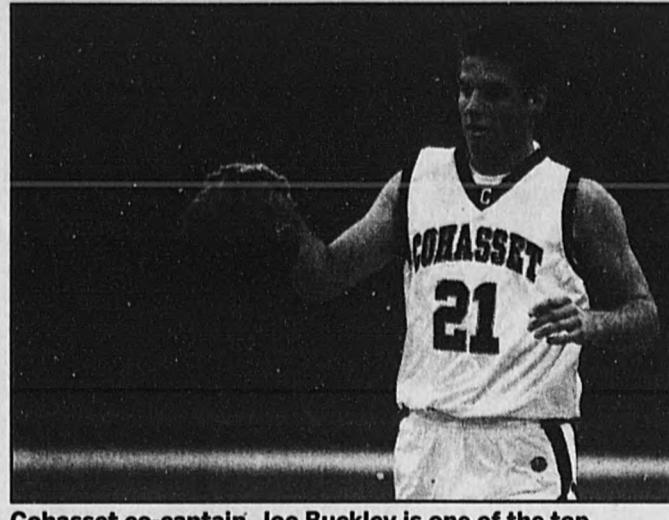
"Our main rebounder is Joe Buckley," Ruggiero said. "He's the best defensive center in the league. You can't get any higher intensity-wise than Joe. He directs the game from the back. He's very good."

Rocco Laugelle is the team's third senior captain. Laugelle, a six-foot guard and is dropping in seven points a night to go with three steals a game.

Junior Pat Federle is averaging seven points per game, while Jack Chamberlain



Jack Donohue holds off the challenge of an Abington opponent. STAFF PHOTOS/MARK GARDNER



Cohasset co-captain, Joe Buckley is one of the top defensive centers in the South Shore League.

comes off the bench to chip in five points per contest and a boost of adrenaline.

Jack Chamberlain gives us high energy off the bench," Ruggiero said. "When he comes in, the level of intensity goes way up."

Six-foot junior Harrison Martin has also pleased Ruggiero off the bench.

Harrison has five points per game and is shooting 77 percent from the line, which is excellent for a high school player," Ruggiero said. "We use him to shoot technicals. He's paying his dues coming off the bench. He's getting more and more comfortable and has been playing more."

Teddy Craven, a 5'10" junior guard has been a bit of a life-saver. "He doesn't have huge stats, but Teddy has come off the bench in two huge wins," Ruggiero said. "In the Rockland game, Rocco was hurt early and Teddy came in and played very well. He was like a relief pitcher coming out of the bullpen to save the day. At Norwell, Rocco fouled out with five minutes left. Harrison hit a three-pointer and then Teddy stole the ball, hit the layup and made the free throw to win the game. There are terrific plusses with these guys."

Sophomore Alex Norton is also seeing some playing time.

"I'm very pleased with the way he's coming on," Ruggiero said. "He has done well."

Norton also plays junior varsity, joining junior Cole Morrison and sophomore

Jack Donohue.

Hoffman, Morrison and

Norton all play a portion of the JV team," Ruggiero said.

"It helps that team out and



Senior John Nolan wrestles against Shepard Hill. COURTESY PHOTOS

## WRESTLING

Continued from 19

Skolnick, 170 John Nolan, Maher and 285 Kelsey Niassant.

Sophomores 140 Sean Mavilia and Naughton pinned as did junior 182 Hayes Keniley.

Tuesday night Cohasset took on a much improved Norwell team.

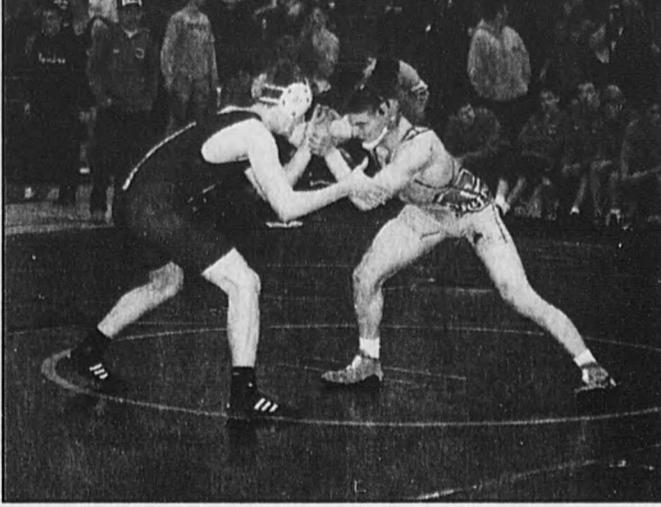
Cohasset hosted the Clippers and beat them 49-30 clinching at very least a share of the league title. If Cohasset can beat Randolph Tuesday they will win the league outright.

Cohasset took nine of the 14 bouts and pinned seven opponents.

Pins came from: Drew Skolnick, Harry Hellock, Sean Mavilia, John Nolan, Matt Froio, Hayes Keniley, and Steven Maher. Nick Hall picked up a 14-0 win and Chandler Skolnick won a thrilling 1-0 match.

Numerous wrestlers are filling in varsity and JV with much success.

Eighth graders, Jake Koncic, Grant Gumpuel, Noah Froio and Cal Osten. Fresh-



Junior Matt Froio (right) wrestles against Sandwich last week.

man Dan Varney continues to impress and improve with 6 junior varsity wins and spot varsity matches.

Sophomore Sean Kearns has seen considerable varsity action as has Wyatt Dominguez, Junior Nick Teterault who also has 6 wins. Luke O'Brien has worked his way into the varsity line up and pick up his first varsity win last week.

Next up for the Skippers is the State Dual Meet Tournament on Saturday February 8 at Wakefield High School. Cohasset has qualified for

the tournament by being one of the top 16 teams in the Division 3 state rankings.

"The kids are fired up," Coach Torin Sweeney said of the post-season. "Our first match is Dean Tech from western Mass."

Cohasset is also hosting the Sectionals on February 15. Sixteen teams from the South area compete and the top four wrestlers in each weight class qualify for the state tournament in Foxboro, Feb. 21 and 22.

Saturday night. Despite a few falls, the girls beat Hanover by 0.20 on the event to take the win.

Westergard won it with a 9.0, followed by Coletta (8.4), Emma Basso (8.2), and Tedeschi (8.1).

## GYMNASIACS

Continued from 19

heading into the floor exercise.

Hanover took the floor, edging Cohasset/Norwell by 0.35 points. Westergard scored a

9.30, followed by Elizabeth Coletta (8.4), Emma Basso (8.2), and Tedeschi (8.1). Liza Basso scored a personal best 7.50 on the floor.

The night ended with the beam, which has been Cohasset/Norwell's nemesis at times this season. But not



## The 2014 Readers Choice Awards

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#### Second Prize

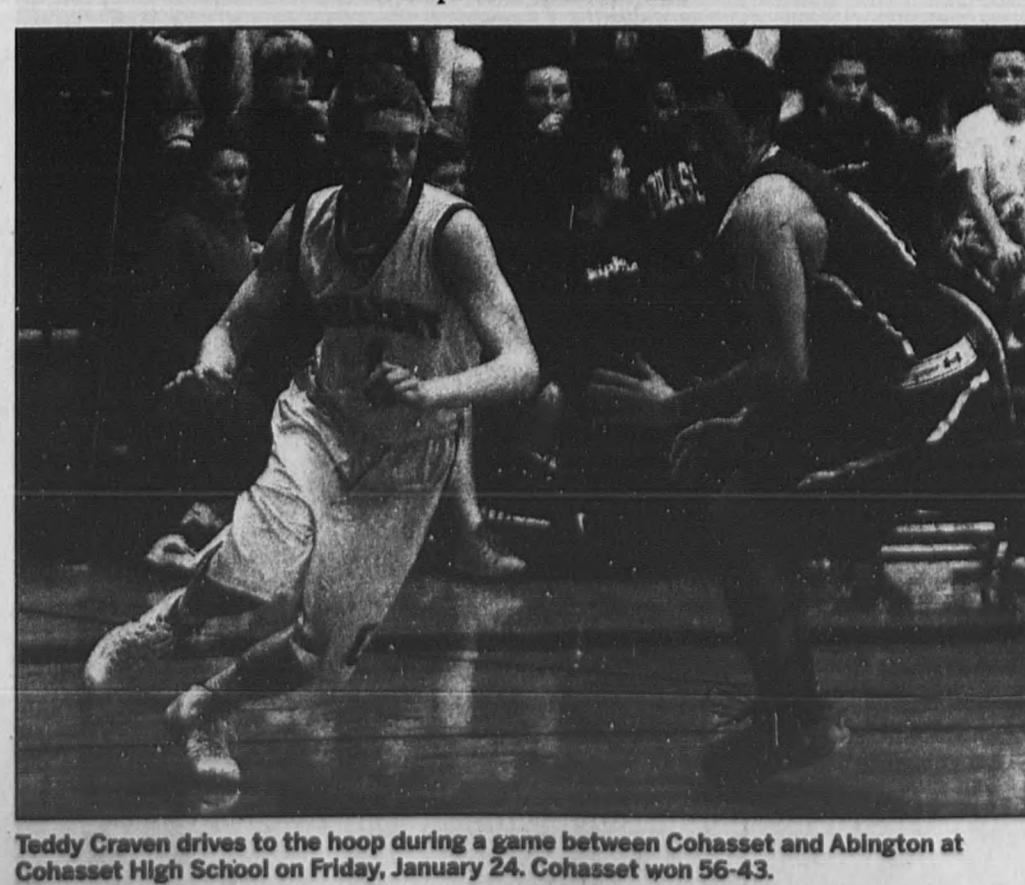
THREE runners-up will each receive a pair of tickets to see Boston's Favorite Baseball Team at a pre-determined regular season game.

#### Third Prize

FIVE third prize winners will each receive a Gift Certificate to a local restaurant or entertainment event/venue.

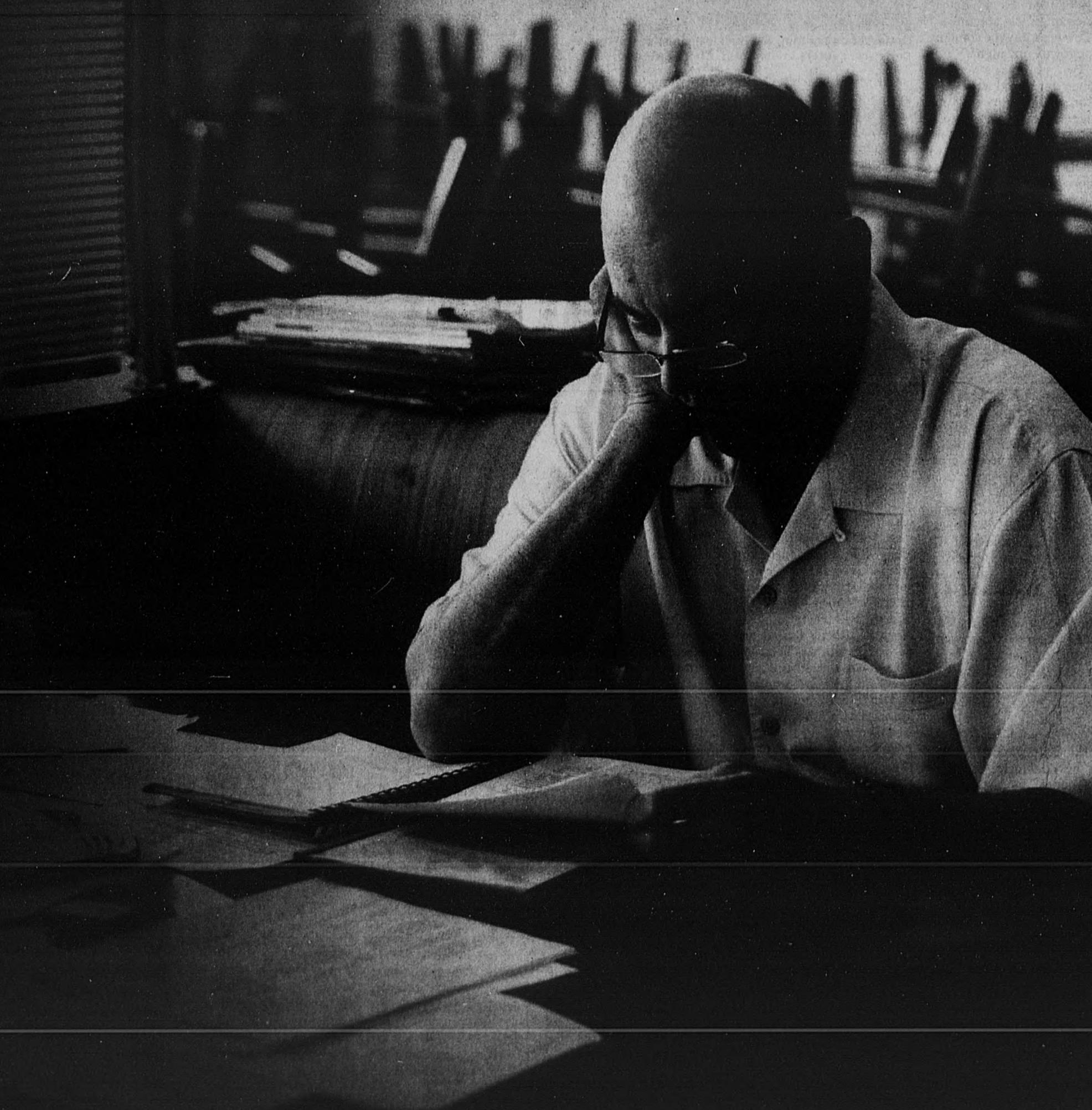


WICKED LOCAL



Teddy Craven drives to the hoop during a game between Cohasset and Abington at Cohasset High School on Friday, January 24. Cohasset won 56-43.

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Bonaparte delights the large crowd. Free playtime and refreshments followed the event.



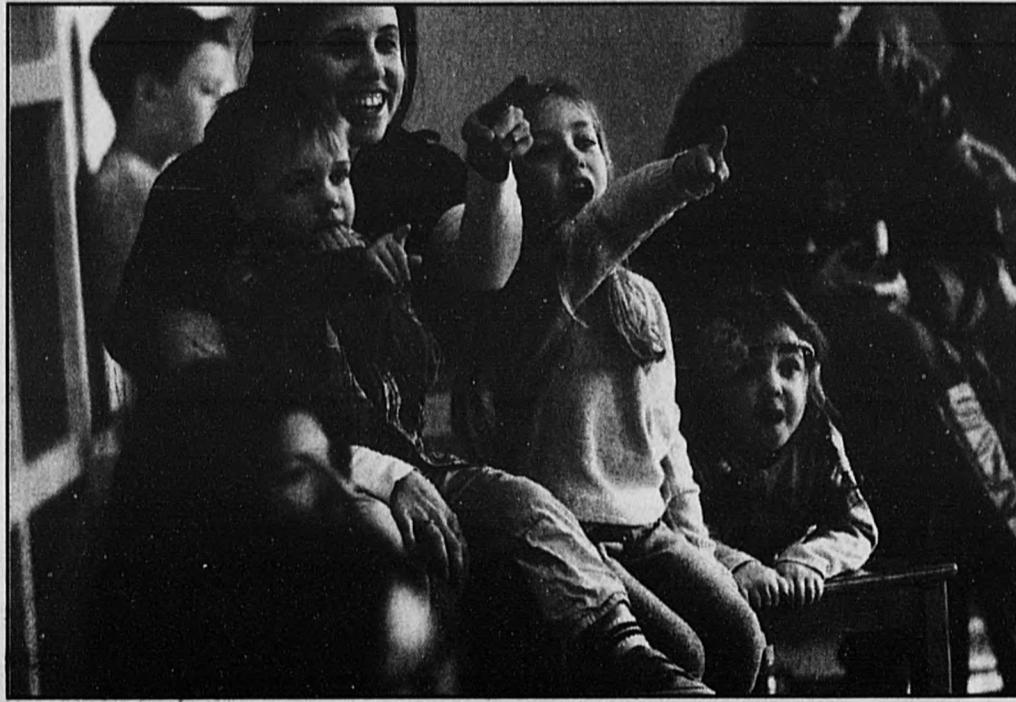
Paul Joseph with his son Casey, 5, enjoy the magic of Bonaparte at Our World Children's Museum.

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Our World is located at 100 Sohier St. in the rear of the Paul Pratt Memorial Library. For more information, call 781-383-3198 or visit online at [www.ourworldcgdm.org](http://www.ourworldcgdm.org).

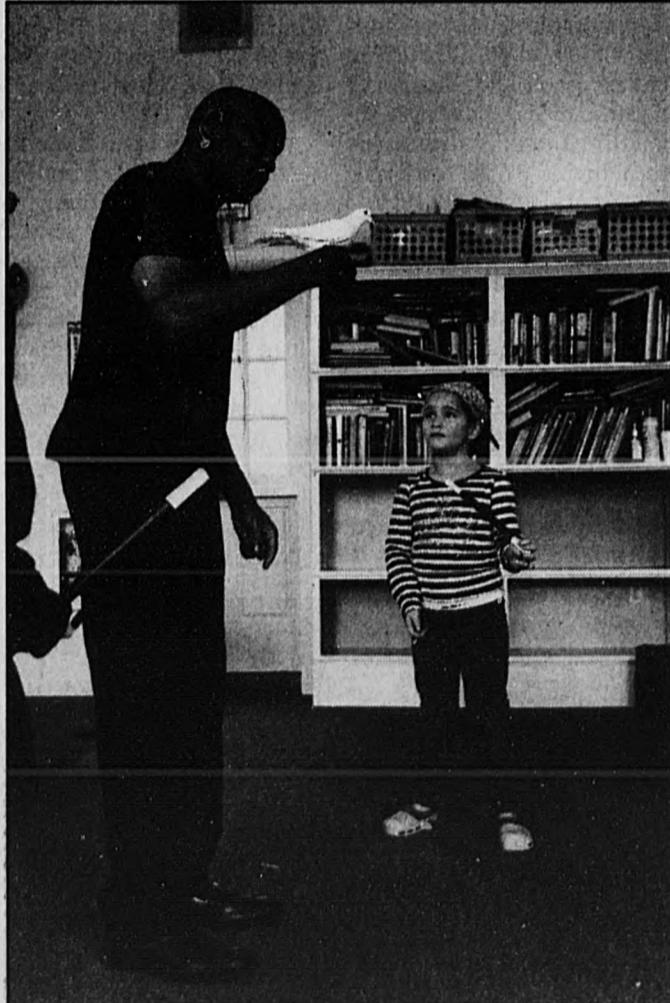
Check out these photos in color, online at: [wickedlocalcohasset.com](http://wickedlocalcohasset.com)



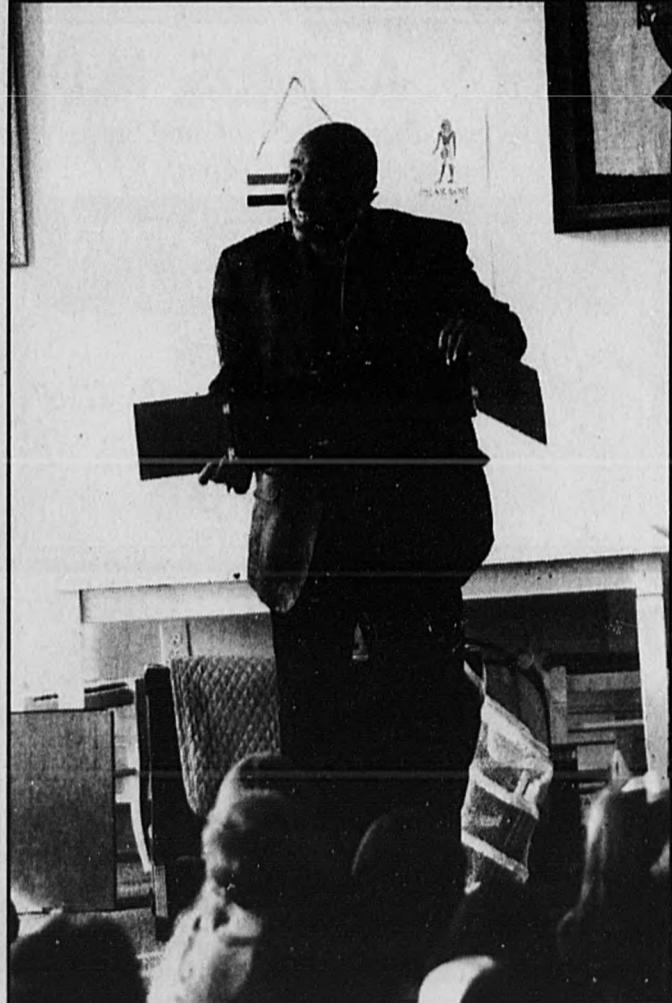
Sara Stevenson with John, 2, Mario, 5, and Louisa, 2, are all awestruck by the magic of Bonaparte.



Bonaparte involves parents and children in his magic act at Our World Children's Museum.



McKenna Lemieux, 8, of Cohasset, assists Bonaparte.



Bonaparte, the magician, delights the large crowd at Our World Children's Museum.



Owen Norris, 5, charmed by the magic of Bonaparte.

Staff photos by Chris Bernstein



The young audience is excited by the magic of Bonaparte.



Riley Frame, 5, waves her magic wand assisting Bonaparte.

# HEALTHYLIVING

## A BETTER YOU THROUGH BETTER LIVING 2014

### Ease the pressure

Eat right to reduce the risk of high blood pressure

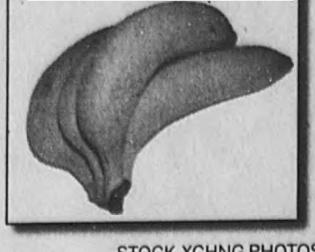
By Melissa Erickson  
More Content Now

**T**he silent killer – high blood pressure – is at epidemic levels across the country. Preventable and reversible, high blood pressure – the leading risk factor for cardiovascular disease – can be effectively controlled through medication. But what you eat and drink matters, too.

There are no warning signs or symptoms of high blood pressure, making regular testing a requirement for healthy living.

"High blood pressure increases the risk of stroke, heart attack, kidney disease and heart failure," Dr. Melissa Wood, co-director of the Corrigan Women's Heart Health Program at Massachusetts General Hospital in Boston, said. "Currently, 77.9 million (1 out of every 3) adults have high blood pressure in the United States, and the estimated direct and indirect cost of high blood pressure in 2009 was \$51 billion."

"Given that heart disease is the No. 1 killer of Americans and it is highly preventable, we need to focus more on diet – both in maintaining or achieving a healthy weight as well as following a DASH-type diet to stay healthy."



STOCK.XCHNG PHOTOS

DASH stands for dietary approaches to stop hypertension. This includes lots of whole-grain products, fish, poultry and nuts. It is rich in potassium, magnesium and calcium, as well as protein and fiber, and limits sodium intake to 1,500 mg per day ideally.

According to the Centers for Disease Control and Prevention, decreasing the average intake of sodium from 3,300 mg to 2,300 mg per day may reduce cases of high blood pressure by 11 million," Wood said.

"Consuming less sodium is one way to help reduce blood pressure, but it's not our only option," Dr. Rani Whitfield, American Heart Association/American Stroke Association national volunteer spokeswoman, said. "Foods that are rich in potassium like bananas, sweet potatoes, broccoli, lima beans and peas are heart-healthy options that can help get blood pressure under control," the family practitioner from Baton Rouge, La., said.

Researchers believe that potassium counteracts the effects of sodium and reduces blood pressure. A recent study also suggests that foods

high in nitrates, like beets, can be helpful in lowering blood pressure, Whitfield said.

"Nitrates open the blood vessels, reducing the blood pressure and increasing blood flow," she said.

A diet rich in fruits and vegetables, like the DASH diet, can help control blood pressure and may help prevent high blood pressure. This benefit may be partially derived from the calcium in fresh fruits and vegetables, Wood said.

Both doctors suggest that to lower blood pressure, eat:

- Beetroot juice contains nitrates that are converted to nitric oxide; this gas dilates blood vessels and helps lower blood pressure.

- Egg whites have a protein that has been shown in a recent study to significantly reduce blood pressure.

- Sesame and rice bran oils, which can be mixed, contain fatty acids and antioxidants that are believed to help reduce blood pressure.

- Dark chocolate contains flavonols, antioxidants believed to increase blood vessel elasticity, which helps to reduce blood pressure; patients should consume an ounce or less a day, and the chocolate treat should contain at least 70 percent cocoa.

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### FINANCIAL

## Saving strategies for good financial health

By Kellie K. Speed  
Correspondent

Are your finances in decent shape? If you are unsure about the answer to this question, it's time to start planning now to ensure a comfortable financial future.

One of the best ways to begin saving is through systematic withdrawals to a checking or savings account.

"It is the best way to start saving," Jim Lively, chief executive officer and president of Bridgewater Savings Bank in Raynham, said. "If you can start by having 10 percent of your income sent to a savings account, that is a great way to get started. It's important to have a target. What do you need? If you have a goal, that tends to spur people to start saving. Our employees can save through a 401K plan, which is a great way to save money that can be used later to buy a house, pay for education or health purposes."

Jeannette Travaline, director of marketing at Braintree Co-op Bank, agrees that direct deposit of a certain allocated amount into a savings account seems to work best for most people.

"When it comes to saving, it's important to do as much as you can starting as soon as you can," she said. "Don't impulse spend. Invest in a 401K as much as you can but at the least as much as your company will match. If you are young, you can invest in more aggressive funds like the stock market, which will historically come back. If you don't have a lot of money to invest, put it in different savings venues. I have found that if



Whether saving for a child's education or retirement, the most important aspect of saving is to make it habitual, according to Jason Lilly, director of portfolio management at Rockland Trust. PHOTO COURTESY OF METRO

people don't see the money, they won't spend it. If it is taken out before they get it, it seems to work better for people."

For parents, planning for college can be an overwhelming experience without some serious preparation.

"When parents ask, 'How do I save for my children's college?' start early, the sooner, the better," Mansfield resident Bruce Rubin, financial representative for John Hancock Financial Network in Warwick, R.I., said. "If you can, have automatic payments made directly to this account. Increase your contribution as your income rises. Encourage family members to give to your child's special days. Turn to the grandparents. They understand the difficulty saving for further education, most likely having done this prior."

Most employers offer tax-deferred savings plans, which can be one of the most effective ways to get started planning for a secure financial future.

"Pretax savings are great, and if your employer matches contributions on a 401K that's even better," Jason Lilly, director of portfolio management at Rockland Trust, said. "You can save a maximum of \$17,500 each year. Financial planners can get into the minutiae of things, but I like to keep it simple. I look at the big picture and the things that people have to pay every month and see if there is some wiggle room. The most important aspect of savings is to make it habitual. Don't get overwhelmed with the idea that you have to save for retirement and reduce your debt. Focus on small steps and just one thing at a time. I try to

focus on building good habits and a plan that works consistently."

Judy Brazil, senior vice president of marketing for Quincy Credit Union, believes managing money is a balancing act.

"It's not always easy to take control of your finances," she said. "Part of the commitment to promote healthy savings habits, Quincy Credit Union offers a complimentary Financial Fitness Program free to its account holders. To help balance your spending, track spending. It's amazing how the little things can add up. Ask your financial institution if they offer free online financial management tools like Finance Works from Intuit. Establish goals – short range, mid-range, long-range. For example, a vacation might be a short-term goal, but buying a house or getting married may be a mid-range goal, and retirement or a child's education may be a long-term goal. Each of these financial spending goals will require pre-planning. Create a spending and savings plan. The key to a successful spending plan or savings plan is to stick to it and reevaluate it on a regular basis.

"Set aside key times of year for spending like holidays and vacations as well as planning for large expenses like new cars, and home improvements. Use credit wisely. If used carefully, credit can be a helpful financial tool. However, credit can be expensive. Be sure to check interest rates, finance charges, fees and penalties before applying for credit. It will pay to do your homework when it comes to applying for a loan or credit card."

# HEALTHYLIVING

## A BETTER YOU THROUGH BETTER LIVING 2014

### NUTRITION

## Menu must-haves for good nutrition

Advance planning can lead to a healthier lifestyle

By Kellie K. Speed  
Correspondent

We all know the key to a healthier lifestyle begins with a proper diet filled with fruits, vegetables and lean protein but with today's busy lifestyle, it can often be a challenge. It is important to find time to create dishes that are high in fiber and low in fat to ensure long-term health benefits.

"Any good nutrition starts with being sensible about food choices," Barbara Nalen-Cardosa, R.D., L.D., a registered dietitian in Mansfield, said. "I always tell people to stay away from trans fatty acids and focus on real, fresh whole food. Stay away from foods with lots of carbs like breads and pastas and include oatmeal and quinoa and other superfoods that contain high levels of antioxidants, like blueberries and strawberries. You can just toss frozen berries into a smoothie."

Fruits and vegetables are vital nutrition to a well-balanced diet that should also include leafy greens and lots of protein. Every day, you should consume the proper amount of vegetables, fruits, grains, protein and dairy products.

"People should beef up on grains and salads," she added. "I tell everyone to make big colorful salads. There are lots of different kinds of lettuces out there so if you don't like iceberg, there are a bunch of other choices available and many are already washed. For dressings, don't load them up with high calorie dressings and croutons. Balsamic dressings are great and low calorie. To make it easier, I tell people to make a salad bar at home. Slice up some carrots, yellow peppers, red peppers, a cucumber, tomatoes and toss in some canned beans or canned salmon that gives you omega-3 fatty acids."

Proper daily nutrition also includes a menu high in fiber to help your body eliminate toxins and waste. To ensure you are



Barbara Nalen-Cardosa, R.D., L.D., a registered dietitian in Mansfield, suggests that people make big, colorful salads filled with good-for-you veggies and either beans or salmon for healthful omega-3 fatty acids. PHOTO COURTESY OF METRO

receiving the proper amount of fiber, stay away from sugary foods, which have a negative effect on digestive health. The food pyramid is the best way to start consuming foods your body needs instead of reaching for unhealthy choices. Healthy eating starts with a proper balance of vitamins, minerals, carbohydrates, proteins, fiber and fat.

"People today are always running to work and here and there so I tell people to carry food in their car," Nalen-Cardosa added. "There's a Dunkin' Donuts on every corner but you don't have to go there. People today are forgetting how to cook a good meal. They rely on canned foods and TV dinners. Yogurt and probiotics are good if you have digestive problems. There are a lot of great cookbooks out there so it's important to look at what's good. Stores like Trader Joe's are great for natural foods. You really need to make food work for you. Proper nutrition will help decrease the risk for diabetes, cancer and heart disease and helps your memory and builds better bones so you feel better, can do more things and are more active. I teach proper nutrition through a wellness approach. People today are getting heavier with an increased risk for heart disease so there is a need to teach people how to better concentrate on a diet that is high in fiber and low in carbohydrates."

### HEALTH

## Winter woes

Is there a cure for the cough?

By Melissa Erickson  
More Content Now

How can you cure that annoying, nagging cough that you just can't get rid of?

The short answer is you can't.

"There is no cure" for a cough, says Dr. Jeffrey A. Linder, a specialist in internal medicine at Brigham and Women's Hospital in Boston, an assistant professor at Harvard Medical School.

"Coughing gets worse in the winter, and there's at least three reasons for that," Linder says.

First of all, the cold weather keeps people "packed inside more," making it easier for infections to pass between people and more likely for colds to spread.

Secondly, the dry air inside makes a person more susceptible to infection," Linder says.

Hiking up the central heating to keep warm reduces the body's natural defenses and affects the respiratory system by drying out the protective mucus in the nasal passages.

Lastly, "there's no way around the fact that it's cold and flu season," Linder says. Upper respiratory tract infections cause post-nasal drip - extra secretions that trickle down and irritate the throat, causing a cough.

### What to expect

Once the coughing commences, it most likely will take longer than you realize for it to end.

"Studies have shown that if a person coughs for four or five days, the average length (of the cough) is about three weeks," Linder says.

That means if you cough for more than a few days, that cough is probably here to stay for a while.

While a cough of longer than one week may send some rushing to their doctor looking for a prescription for antibiotics, researchers at the University of Georgia found that acute bronchitis - a severe illness with hacking cough - can last for an average of 18 days and that antibiotics are ineffective against coughs caused by the common cold and other viral infections.

However, if a cough lasts

longer than three weeks, it may be a sign of something more serious; see your doctor.

"There's not a lot you can do about a cough, either through over-the-counter or by seeing a doctor," Linder says. "A cough will go away if you give it time. The body will take care of itself, but you've got to give it time."

### Finding relief

While you can't cure the cough, it can be lessened or relieved in a variety of ways.

Humidify the air: In a dry home, a humidifier can put moisture back in the air, which will soothe desiccated nasal passages. A hot and steamy shower can also help loosen nasal secretions. Be sure to keep your body hydrated, too, by drinking plenty of water, which will thin out post-nasal drip and keep mucous membranes moist.

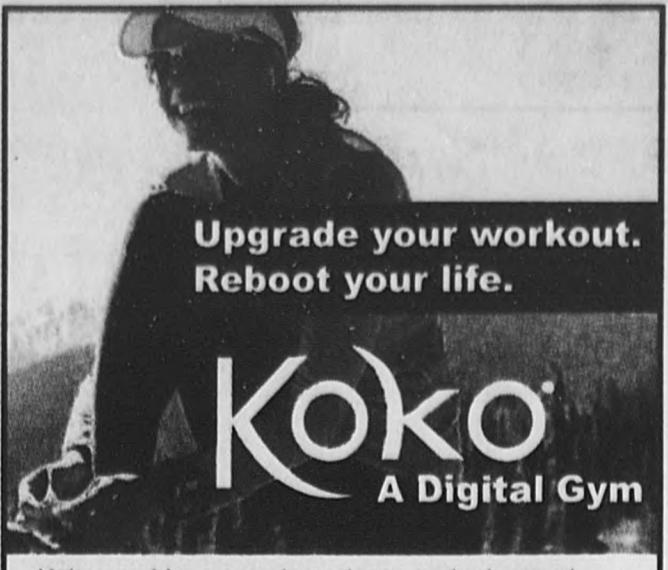
Suppress the cough: Decongestants, cough suppressants, expectorants, cough drops, saline sprays and combination products work for many people who are frustrated by a lingering cough.

Products like Robitussin thin out secretions and make it easier to cough out the phlegm," Linder says.

And, there's always the old standby - tea with honey.

Get some sleep: If a persistent cough is keeping you awake at night, Linder suggests an over-the-counter cough medicine with a sleep aid - if you are able to use it and get up the next morning without lingering effects.

"They'll kind of knock you out, but you'll feel better" if you've gotten a good night's sleep.



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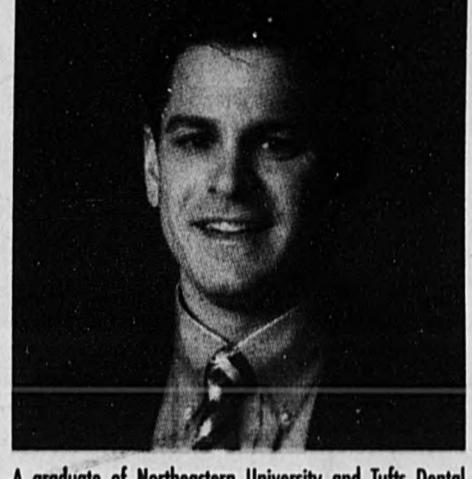
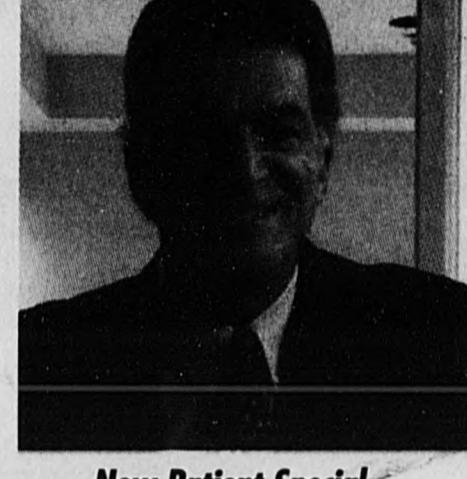
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# College Summer Programs FOR HIGH SCHOOL STUDENTS

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a talent show, bowling, open mic, weekly movie nights and much more.

The Smith College Summer Science and Engineering Program, SSEP, for high school girls is a 23-year-old program for young women interested in science — both biomedical and public health — and engineering. These young women, 40 percent of whom are girls of color, are given the opportunity to live on campus at Smith College for four weeks in the



Smith College in Northampton offers two- and four-week programs for rising ninth-graders to rising seniors in high school. All programs are residential, and students live in Smith's beautiful houses, supervised by professional residential life staff. COURTESY PHOTO/SMITH COLLEGE

summer and engage in hands-on, experiential learning with top-notch instructors.

Field Studies for Sustainable Futures is a program for the environmentally conscious woman. Participants in this program are given the opportunity to learn about sustainable living, environmental science and environmental policy in a hands-on, interactive, project-based manner.

Hidden Lives: Discovering Women's History is a training ground for future women's history buffs. This program

allows high-school-aged girls to explore 19th- and 20th-century women's history topics such as how students in the late Victorian era constructed themselves as "college women," a new social category that challenged conventional expectations regarding femininity, and the life and times of renowned poet (and Smith student) Sylvia Plath. Participants will gain archival research skills, while learning about both familiar and undiscovered heroes in women's history. Come discover the history lover in you.

Young Women's Writing Workshop is a varied writing workshop for high school girls that focuses on food writing, poetry, creative writing, creative fiction, and reporting and writing for the radio, just to name a few. Participants are given the chance to work with published authors, lay the groundwork for a strong writing portfolio, and learn the steps involved in becoming a published writer. Smith produces great writers. Check out the student testimonials to learn how this past summer's students improved their

craft at Smith. Applications are reviewed on a rolling basis, so applying before the deadline is suggested. SSEP applications are due April 11; applications for all other programs are due May 1. Students who send in a deposit by April 1 will receive a \$175 early registration discount. Limited financial aid is available.

For more information, please contact Sarah Craig, the director of non-degree programs, by email at [scrail@smith.edu](mailto:scrail@smith.edu) or by phone at 413-585-2165.

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The 2014 Academy of Media Production, AMP, program will be in session July 7 through Aug. 1. It is a four-week program that offers high school students a complete media production experience.

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For more information and to access the application form, visit the AMP website at [www.bu.edu/amp](http://www.bu.edu/amp). If you have any questions or need additional materials, contact us at 617-353-5015 or at [buamp@bu.edu](mailto:buamp@bu.edu).



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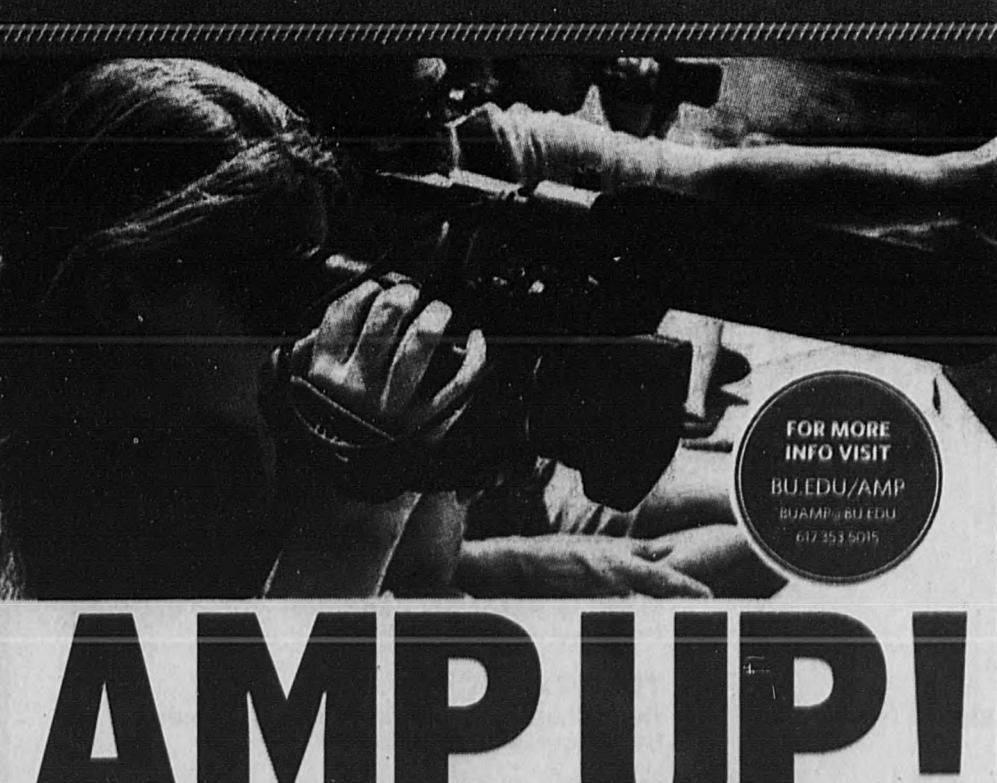
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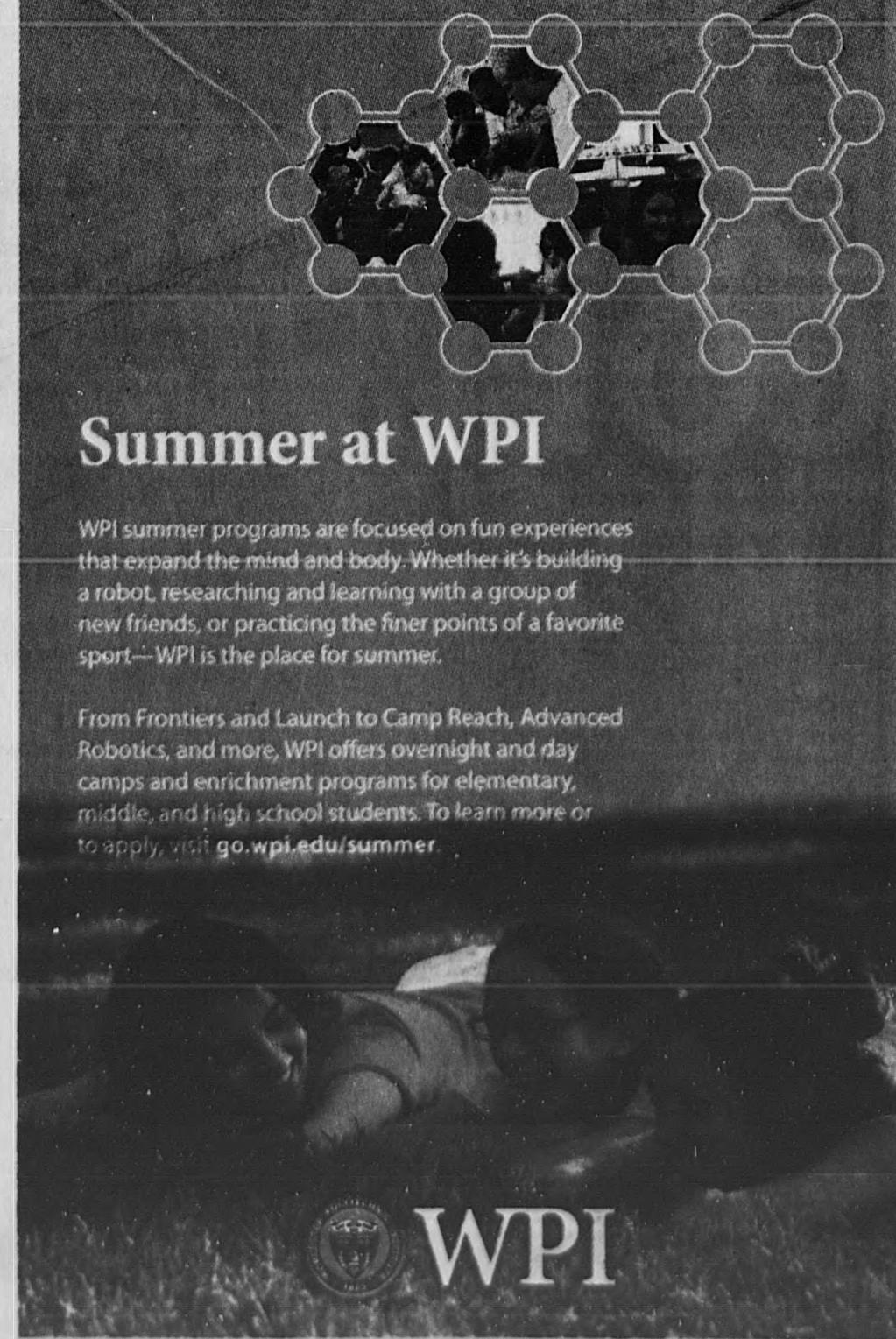
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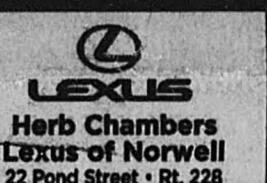
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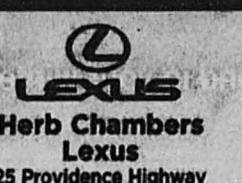
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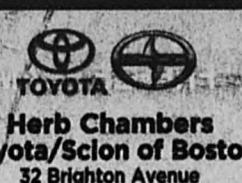
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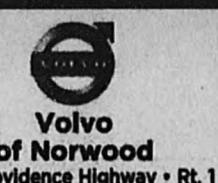
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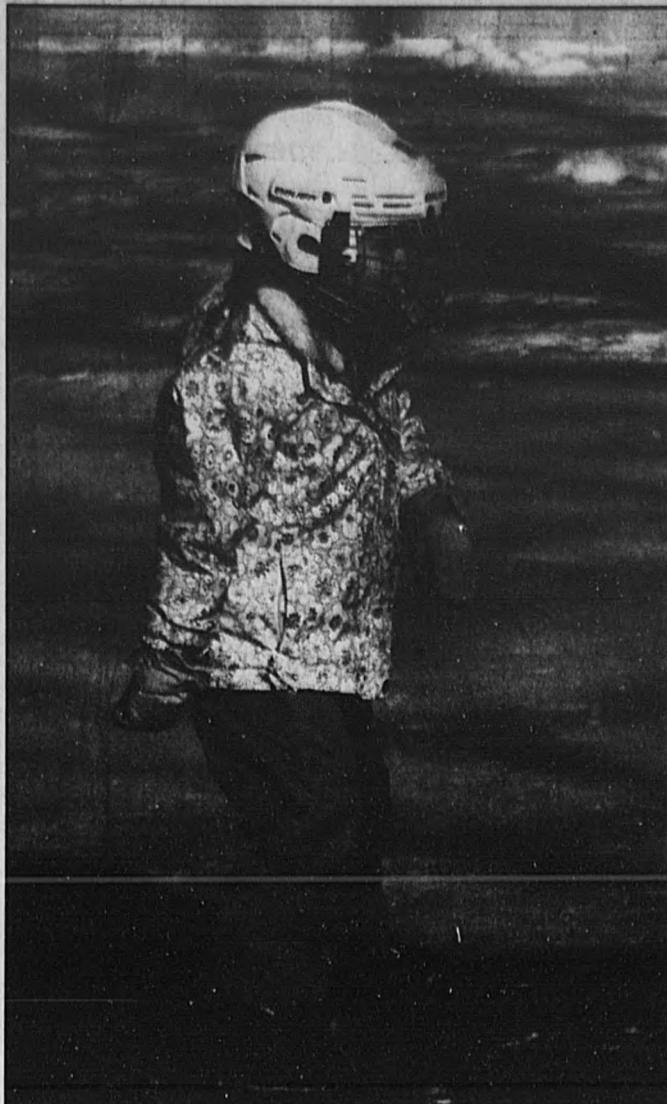
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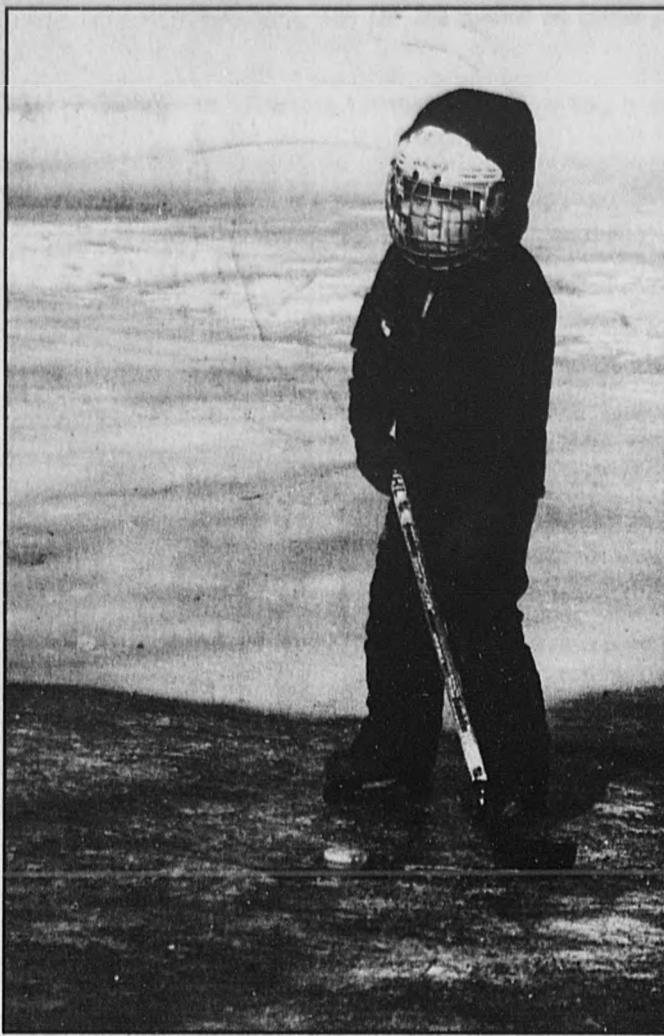
QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or [mford@wickedlocal.com](mailto:mford@wickedlocal.com)



4-year-old Regan Carroll shows great balance on the ice.



4-year-old Sam Elfner takes a break from the ice to start constructing a snowman.



6-year-old Ben Elfner practices his hockey skills.

## Pond Skating



4-year-old William Frame waits for his chance in the NHL on a recent Sunday while skating on Meetinghouse Pond.

Photos by K. A. MacDonald

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2014 is off to a snowy start! Whether you're digging out, sliding down your favorite sledding hill or snowblowing the driveway, show us how you're weathering this winter by sending us your snow/winter fun photos.

No snow? Send us photos of the winter fun you're having without the white stuff.

Please include a caption, identifying people in the photos and the location where it was taken. We'll publish your winter pics on the Your News page of your weekly newspaper and post them in online photo galleries on your Wicked Local website.

How to submit: Log on to your Wicked Local website, click on the headline "FREEZE FRAME: Send in your winter fun/snow shots!" and click the link that reads: Send us your winter fun photos.



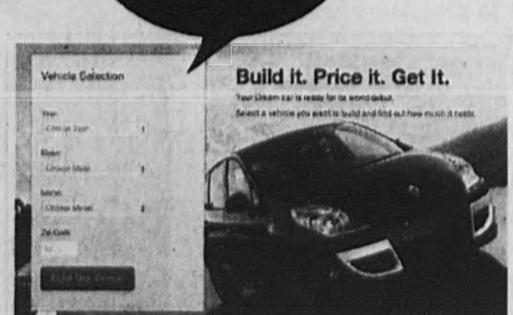
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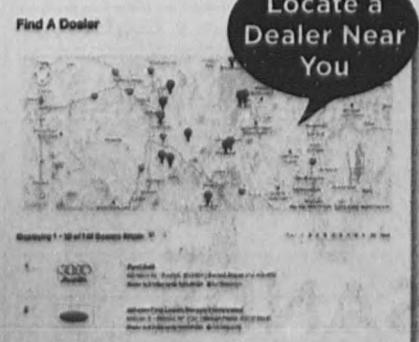
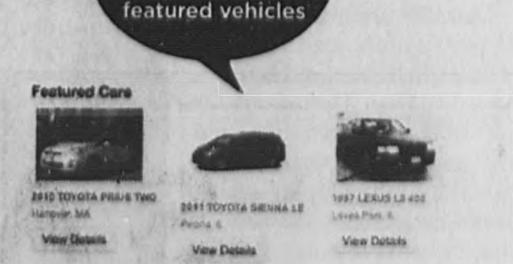
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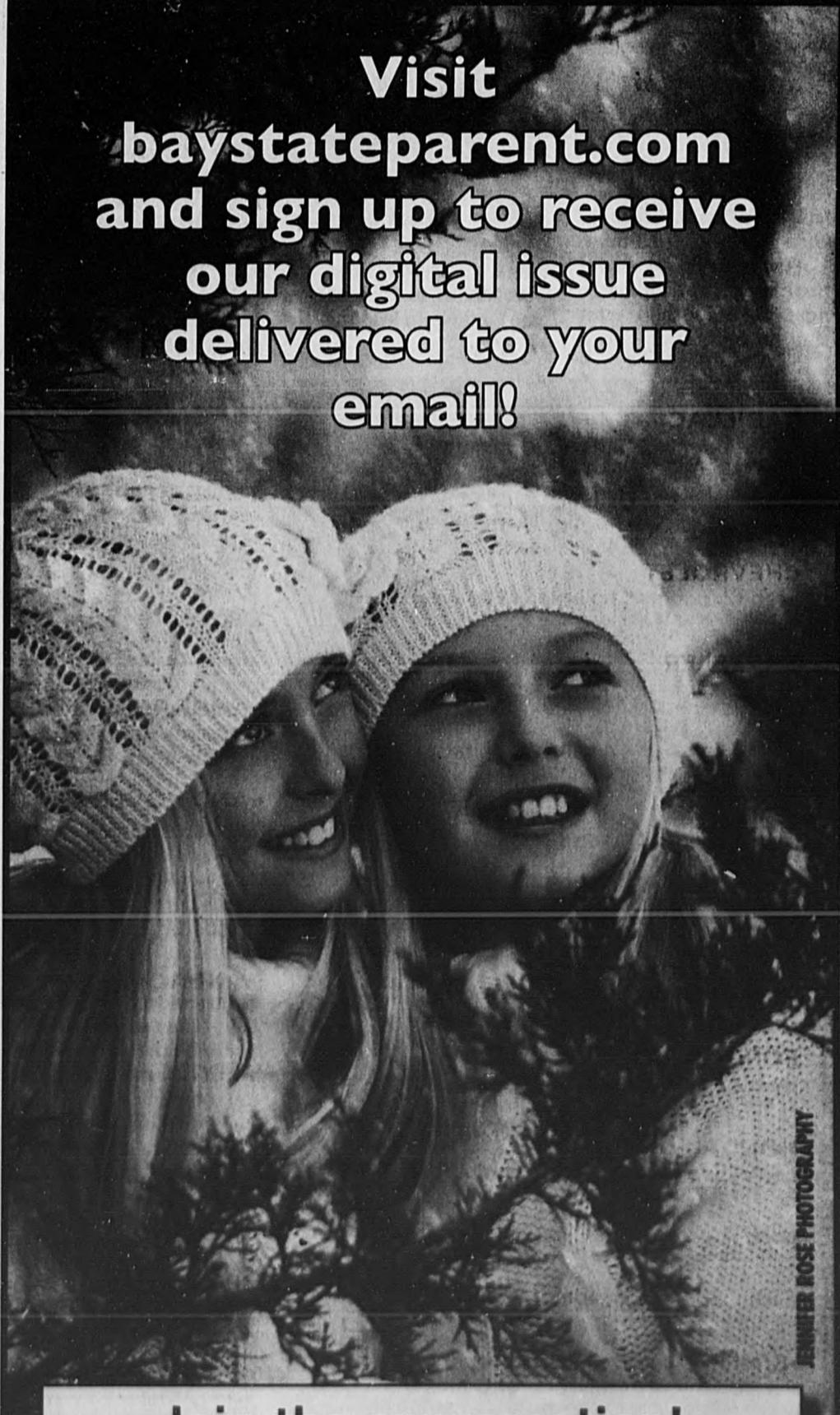
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LISTENING TO OTHER VOICES

# Lecture series celebrates milestone

By Martha Bewick  
Special to the Mariner

Turning past the stone wall and up the winding drive to Glastonbury Abbey I parked near the wisteria arbor, covered with snow, and looked around the serene and beautiful property, bright in the sunshine before the next storm. There are the bells which announce the times of Common Prayer; the Abbey, with its beautiful chapel, bookstore and residence; the arbor and bronze statue of a contemplative St. Benedict; the stone tower on the hill; and the conference center over the lawns and down the hill. Across the street are the retreat houses. This year marks Glastonbury Abbey's 60th year in Hingham. Retreats, prayer, daily Mass, lectures, summer concerts, festivity, wisdom and counsel, and, even investment in senior housing – what a gift the abbey has provided over the years.

I was there to talk with founders and committee co-chairs of "Listening to Other Voices," the Abbey's lecture series celebrating its 15th anniversary. Opening the door to the bookstore, and a fragrance of beeswax candles, I was welcomed by Father Timothy Joyce, Avis Goldstein, and Ruth Davis in a warm greeting.

\*\*\*

Glastonbury Abbey's lecture series, "Listening to Other Voices," has brought almost 100 distinguished speakers from various faith traditions around the world to share their thoughts, their hearts and their journeys over the past 15 years with abbey neighbors from Hingham, and the South Shore. Described as "an attempt by the Benedictine Monks of Glastonbury Abbey to share their spiritual search for God with friends and visitors to the abbey," the lecture series has also attracted visitors from distant places to share the wisdom and reflections of the speakers.

Father Timothy looked back to the winter of 1998, when Father Richard Bourgeois suggested that the monks reach out and be more present to the greater community through some



From left, Avis Goldstein of Hingham, Benedictine monk Fr. Timothy Joyce, and Ruth Davis of Hingham are celebrating the 15th anniversary of the Interfaith Lecture Series. Avis is on the committee and Ruth is a co-chair of the committee with Fr. Tim. STAFF PHOTO/ROBIN CHAN

kind of new program. The small community of Benedictine monks had come to Hingham in 1954, and spent forty-five years "surviving," with an early school, as well as retreat and spiritual programs.

Father Timothy and Avis Goldstein were there at the beginning, as well as Denise DiCenso, among others. They decided to create a lecture series, focusing on voices from different faith traditions. This was in keeping with the ancient Benedictine tradition of listening, and being present to others. As a religious order, founded 1500 years ago, before the divisions in Christianity, the Benedictines also had shared monastic and meditative traditions with Buddhists, Hindus and other non-Christian religions. During Vatican II, which opened the door of the Catholic Church to ecumenism, and to honor and respect the truth of other faiths, the Benedictines were identified as those who could help lead the

way. Since the Reformation, the Catholic Church had been in a defensive fortress position. Reaching out to others in interfaith gatherings was encouraged by the Vatican II decree; relationships with Jews and Muslims opened up, providing a welcome opportunity to reconnect with those of faith from many traditions.

#### First series

And so, with leadership from the community and from the Abbey, the first series was formed in the 1998-99 season. Avis Goldstein, a member of Congregation Sha'aray Shalom in Hingham was moved to participate in the work because she "felt it was important for people to learn what other religious traditions and other people's faiths are all about." Father Timothy said, "She loves us too." Avis added, "I appreciate their dedicating their lives to prayer." Then she said, "It mattered a great deal to me that people learn about one another. I care about this community, and want to create a place where each person can be known and appreciated." She said, "Every year there is a theme. This year it is 'profiles in spiritual courage.' We want to know who the speakers are and what they have done with their lives."

Avis and Father Timothy have been on the Board, a group of nine, since the beginning. They were joined in 2005 by Ruth Davis who has been a co-chair for seven years with Father Timothy. Ruth is a parishioner at Trinity Church in Boston. Moved and impressed by the lectures she heard, she offered to help, and shares the leadership today. She mentioned that the group meets once or twice a month to evaluate the programs underway, and look to the themes and participants for the next year. She said, observing that there are sometimes differences in opinion about the work of pulling the series together, "I have come to increasingly appreciate how important real love is in being able to deal with people. Real love is work." She mentioned how good it was to have a strong group of individuals to help shape the programs, and said "some of the richest adult conversations come out of these committee meetings."

Brochures from the years of the lectures display themes, and the array of distinguished speakers. The series' first speaker, Ewert Cousins, a professor of theology at Fordham University

set the tone and focus for the years to follow. "In choosing speakers," Father Timothy said, "we are looking for someone who speaks from the heart, as well as someone who has something to say and to teach."

Cousins spoke about transformative eras in religion, citing the 5th and 6th centuries BCE, the time of the Prophets, the Renaissance, and our era as times in which "everything coalesces." Today, Father Timothy said, the photo of planet earth shows us that there are no boundaries. Cousins encouraged their reaching into interfaith directions. The lectures have shown where there is commonality in beliefs, though the differences have seemed so far over the centuries.

Ruth recalled that the first lecture took place during a hurricane, "a small one," when the location had to be changed to the Glastonbury chapel, and 60-70 drove through streets littered with branches to attend. Cousins set a "very high bar" for future speakers, they agreed, and pointed the way to the focus on interfaith speakers.

Among the lectures recalled were writer James Carroll, the Rev. Dr. Zina Jacque, a powerful Baptist preacher who spoke through song, and those who brought poetry and music into their lectures. Ellen Kushner, and Mark Burroughs were among these.

Father Timothy remembers Rabbi Samuel Chiel, a Jewish rabbi, who sang the songs sung by Orthodox Jews as they went to gas chambers. Helen Prejean, the nun who wrote "Dead Man Walking" and whose life was dedicated to those on death row was another whose story was remembered.

Ruth has collected critiques from audience members over the years, and produced a note where one had expressed appreciation for hearing from those who care about compassion and empathy. She said, people are touched and moved by the experience of the lectures. They learn about the similarities of Christianity and Islam, and the common roots of Judaism and Christianity. Father Timothy recalled the sung psalms of Cantor Steven Weiss, of Sha'aray Shalom, and that he was "moved to hear what we sing in psalms in Hebrew."

#### Speakers

Speakers have been drawn from universities, from the marketplace, from journalism and media, from religious communities, and from government. They are drawn to participate in the series, "in this humble community" said Avis, not only because of the speakers who have preceded them, but also because of Glastonbury's unique setting and audience. "They come be-

"In choosing speakers, we are looking for someone who speaks from the heart, as well as someone who has something to say and to teach."

Father Timothy Joyce

cause they want to be here," she said. Speakers from each faith are well-known. Even when there is a Buddhist speaker, there is a full house at the conference center. The word gets around, said Father Timo-

thy. There is also an eternal timeliness about the lectures. The most recent participant, Tibetan Buddhist Ngawang Choephel, spoke recently in this year's series "Profiles in Spiritual Courage." His story in- cludes his life's work collecting and preserving Tibetan traditional folk music. Im- prisoned by Chinese on charges of spying, he re- mained in Chinese prisons for seven years, until re- leased after much pressure worldwide. Father Timothy,

was most moved by his saying that he had compassion for his jailers, and that com- passion was his message. Choephel released his docu- mentary film "Tibet in Song," in 2009, and continues to work to preserve Ti- betan culture, in a time when Chinese seek to de- stroy it. Avis said: "when you hear how some ap- proach their faith and their work, you strengthen your own faith." In spite of his fame, this was his first pub- lic lecture.

Father Timothy men- tioned that the "lectures help dispel stereotypes and prejudices." Since 9/11, many have been suspicious and fearful of Muslims. The lecture series has introduced Islam to each year's audiences. The "strongest panel," he said, was made up of three women from Is- rael, a Jew, a Muslim, and a Christian who participated in the series "Hope in a Time of Uncertainty." Ruth added, "one of the great gifts and joys is being exposed to the richness of the discussions, and what the speakers bring to the Abbey."

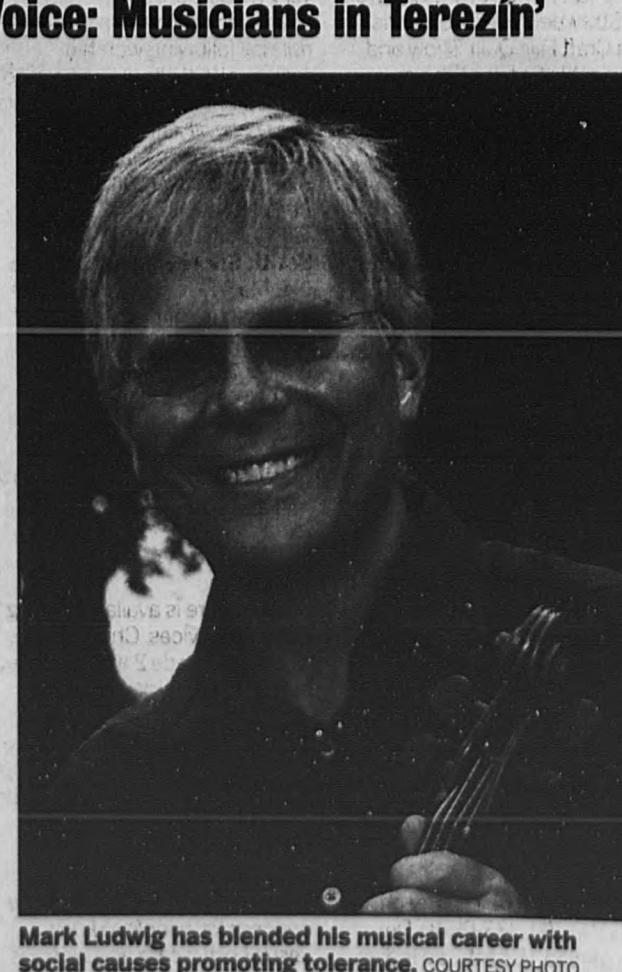
Avis said, in describing the work of the committee who has labored long to bring "Listening to Other Voices" to the Abbey and to the community, there is a "genuine caring about hu- manity who really want the world to be a better place, and *tikkun olam* -- to help heal the world."

## 'Finding a Voice: Musicians in Terezin'

On Thursday, Feb. 13, at 7:15 p.m., Mark Ludwig will speak as the next lecturer in "Listening to Other Voices." He is a holocaust scholar, and Boston Symphony Orchestra violist, who founded the Terezin Music Foundation, com- memorating the lives and music of those who died in the concentration camp. He will play the music composed in the camp as part of his program. The series continues through April.

Lectures are held at the Abbey Conference Center at 16 Hull Street, in Hingham, are free. Donations are welcome, and coffee and cookies and muffins baked by John Gauley are available after the discussion. Seating is limited and on a first-come, first-seated basis. Visit

Information can be found at [www.glastonburyabbey.org](http://www.glastonburyabbey.org).

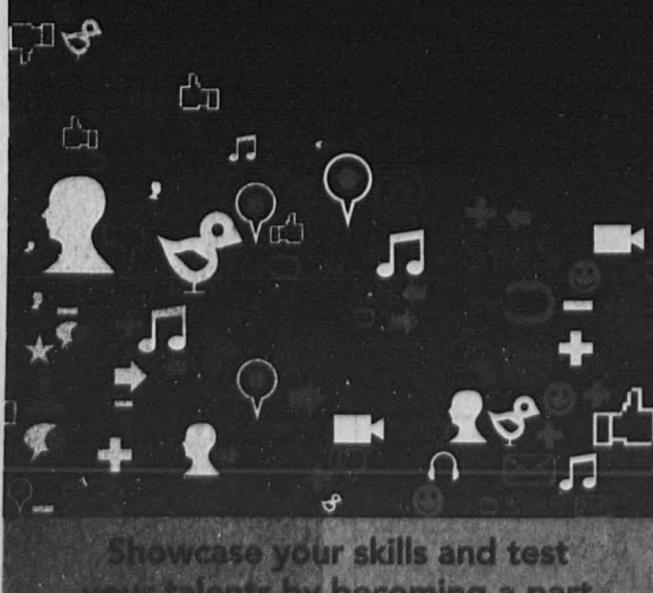


Mark Ludwig has blended his musical career with social causes promoting tolerance. COURTESY PHOTO

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**WORSHIP GUIDE**

**Beechwood Congregational Church**, 51 Church Street in Cohasset, holds Sunday morning worship service at 9:30 guided by Pastor Matt Dorn. Youth ministry is offered during service. Also, a men's Bible study with free breakfast is open to the public Thursday mornings at the church at 6:45 a.m. Starting June 7, enjoy the new "Ground Level Coffeehouse" with live music at 7 p.m. on the first Friday of each month. For more information see [beechwoodcc.org](http://beechwoodcc.org).

**First Parish Unitarian Universalist on Cohasset Common**, 23 North Main St. (Parish House), 781-383-1100, [www.first-parishcohasset.org](http://www.first-parishcohasset.org). Pastor is the Reverend Jill Cowie; RE Director Laura Hastings; Music Director: Allegra Martin. Organist: Sylvia Berry. Parish Administrator: Sandy Bailey. Parish Committee Chair: Jane Goedecke. *We welcome all to our inclusive spiritual community. We affirm our Unitarian Universalist Principles and put them into action by worshiping together, caring for one another, and working for a safe, just, and sustainable world. Worship services are held at 10 a.m. on Sundays.*

**Nativity of the Virgin Mary Church**, 811 Jerusalem Road, 781-383-6380. Father Constantine Cambas. Office hours are 9 a.m. to 1 p.m. Denomination: Greek Orthodox. Sunday Services: Matins 9 a.m. Divine Liturgy: 10 a.m. Liberal use of English language. Sunday Church School 11:15 a.m. Fellowship hour follows Liturgy; Children's Sermon Sundays: Weekday services during Holy Great Lent: Wednesdays: Pre-sanctified Divine Liturgy at 7 p.m.; Friday: The Akathist Hymn, 7:30 p.m.; Bible Study: Wednesdays, 8 p.m. Greek language school: Mondays and Fridays, from 4 to 5:30 p.m.

**St. Anthony Roman Catholic Church** is at 129 South Main St., Cohasset. Pastor is the Rev. John R. Mulvehill. Permanent Deacon is Paul Rooney. Weekday Masses: Monday through Friday, 7 a.m. and Saturdays, 8 a.m. Weekend Masses: Saturdays, 5 p.m.; and Sundays, 8 a.m., 9:30 and 11:30 a.m. Coffee and fellowship in the Parish Center follows the 8 a.m. Sunday Masses. Sacrament of Reconciliation (confessions): Saturdays, from 4:15 to 4:45 p.m., and by request. First Friday of the month: Morning Mass at 7 a.m.; Adoration and Benediction from 7:30 a.m. to noon; Mass at noon. For information on parish events, call 781-383-0219. For religious education information call 781-383-0630. For more information, visit the Web site at [saintanthonycohasset.org](http://saintanthonycohasset.org).

**Second Congregational Church**, 43 Highland Ave. If you live on the South Shore and you're looking for a church home we encourage you to join us on Sunday mornings. September through mid June: Service (with choir) begins at 10 a.m. in the sanctuary with Nursery care and Sunday School for age's pre-K through 8th grade. Immediately following the 10 a.m. service you're invited to a coffee-fellowship hour in Bates Hall. Youth groups for middle and senior high school children are available. We are an open, welcoming church family. We enjoy periodic book/Bible/topical discussion groups in addition to annual church wide events such as the Strawberry Festival, Christmas Craft Fair, Quilt Show and Appalachia Service Project. For more information please call us at 781-383-0345 or visit us online at [www.2ndcc.org](http://www.2ndcc.org).

**St. Stephen's Episcopal Church** is an inclusive, Christ-centered community committed to exploring the intersection of our faith and our lives. We invite you to join us on Sunday mornings and through a variety of special programs during the week. All are welcome to worship God with us at St. Stephen's! AA meets four times a week at St. Stephen's: Sundays at 7 p.m., there is a Closed Big Book Study. Tuesdays there is a Women's step meeting at 6:30 p.m. and a closed discussion meeting at 8 p.m. Fridays at 7 p.m. there is a Beginner's meeting. All meetings take place in the Watermelon Room at the church office. Please call the church office at (781) 383-1083 or visit [ststephenscohasset.org](http://ststephenscohasset.org) for more information.

**Vedanta Centre**, 130 Beechwood St., 781-383-0940. Denomination: Vedanta, an Indian philosophy which honors all world religions. Clergy: Rev. Dr. Susan Schrager. Sunday morning, 11 a.m. Refreshments and fellowship after the service.

Thursday Meditation and Study Class from 7 to 8 p.m.

**Glastonbury Abbey**: 16 Hull St.; 781-749-2155; [www.glastonburyabbey.org](http://www.glastonburyabbey.org). Masses and Worship: All are welcome! Monday through Saturday: 6:30 a.m. - Vigils (end of night prayer), 7:45 a.m. - Lauds (morning praise), 12 noon - Mass, 5:15 p.m. - Vespers (evening prayer), 7:45 p.m. - Compline (night prayer); Sundays: 6:30 a.m. - Vigils, 7:45 a.m. - Lauds, 9:30 a.m. - Mass, 12:45 p.m. - Midday Prayer, 5:15 p.m. - Vespers, 7:45 p.m. - Compline.

Upcoming events:

**SPIRITUAL ENRICHMENT**: Feb. 11, 18 & 25, 6:30 p.m. "Celtic Spirituality: A Sacred Tradition, A Vision of Hope." Fr. Timothy J. Joyce, OSB, STL, will lead this three-week survey of the Celtic Christian tradition, the riches of this mystical, musical, holistic and nature-based spirituality will be discussed. Suggested donation \$20. No reservation required.

**LECTURE SERIES**: Feb. 13, 7:15 p.m. "Finding a Voice: Musicians in Terezin" Mark Ludwig, Holocaust Scholar, BSO Musician & Activist, Founding Director of the Terezin Music Foundation. The musicians in Terezin, the Nazi prison camp, cannot speak for themselves. They perished in the gas chambers of Auschwitz. Mark Ludwig has for 25 years worked to bring those voices to the world. He will share the history and music of Terezin composers as he describes his journey. Free (donations accepted). All are welcome! Seating is first-come, first-seated. Please join us for spiritual sustenance! Call 781-749-2155 ext. 200 with any questions.

**Congregation Sha'aray Shalom** is at 1112 Main St.. For information, call 781-749-8103 or visit the website at [www.shaaray.org](http://www.shaaray.org). Denomination: Reform Jewish, welcoming unaffiliated interfaith families and those with a more traditional background. Rabbi Shira Joseph; Cantor Steven Weiss.

**Church of Jesus Christ of Latter-Day Saints**: 379 Gardner St. Denomination: Mormon; Contact: Bishop Rob Westergard, Norwell, 781-987-1004 or the Hingham building 781-749-4869. Sunday meetings: 10 a.m. to 1 p.m. (Infants are welcome.) Sacrament meeting: 11-12 Sunday school and 12-1p.m. Priesthood, Relief Society, Young Men's and Young Woman's and Primary. A Web site for more information is [www.mormon.org](http://www.mormon.org)

**First Church of Christ, Scientist**: 386 Main St. Denomination: Christian Science (781-741-2874).

Regular services: Sundays at 10:30 a.m., and the Wednesday Evening service starts at 7:30 pm. Please enter at the Sunday School entrance at the back of the church, 386 Main St. Phone: (781) 749-2874. If you'd like to read the Bible or Christian Science literature, please visit our Reading Room at 35 Station Street (call 781-749-1172 for hours) or go online to [spirituality.com](http://spirituality.com).

**First Baptist Church**: 85 Main St. (corner of Elm and Main); 781-749-2516; e-mail: [fbc.hingham@verizon.net](mailto:fbc.hingham@verizon.net); Denomination: American Baptist Churches USA; the Rev. Gary T. Ludwig, pastor; Sunday 10 a.m. worship; children dismissed for last half of adult service to attend junior church; children and visitors are very welcomed; coffee, refreshments, and fellowship in Memorial Hall following worship. Visit our Web site: [www.firstbaptistchurchhingham.org](http://www.firstbaptistchurchhingham.org) for more details on all activities and ministries. Come meet us; we believe you will feel comfortable here.

**South Shore Baptist Church**: 578 Main St., 781-749-2592; denomination: Baptist; Sr. Pastor, Jeremie Rinne, Associate Pastors, Seth Rogers and Godwin Sathianathan. Office hours: Monday-Thursday, 9 a.m.-5 p.m. Visit: [southshorebaptist.com](http://southshorebaptist.com). Sunday worship services at 8:15 a.m. and 11 a.m. Sunday School for all ages at 9:45 a.m. Our current sermon series is 1 Corinthians.

Nursery care is available during worship services. Children ages 4 years to Grade 2 are dismissed before the sermon for Children's Church. South Shore Baptist Church exists to glorify God by worshiping Him and by making disciples for Christ. We strive to preach the Bible faithfully, be a loving church community, be persistent in prayer, and have a concern for people to know Jesus both locally and globally.

Changes to the worship guide, may be sent by e-mail to [mford@wickedlocal.com](mailto:mford@wickedlocal.com)

**PLEASE HELP OUT**

## Collecting children's chapter books

Old Ship Church in Hingham has partnered with The Mather Elementary School in Dorchester to support the education of their inner city, recent immigrant student body.

Mather is the oldest publicly funded elementary school in the United States. The school has a tradition of giving each student a grade level ap-

propriate book to read over their vacation breaks but this year did not receive grant funding to get books. So the librarian is looking for new or gently-used young reader chapter books (for example Magic Tree House series level books up to the Percy Jackson Olympian series) to send home with each Mather second

through fifth grade student for February and April vacations.

If you have books you can donate, they can be dropped off in the donation bin across from the Hingham Town Hall, 217 Central St. For more information, contact Kate Doyle at [books4mather@gmail.com](mailto:books4mather@gmail.com).

## OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

### James W. Hamilton



James W. Hamilton

COHASSET - James "Jim" Warren Hamilton died Saturday, Feb. 1, at his home in Cohasset, following a brief battle with bladder cancer. He was 71.

Jim was born in Plymouth, the son of the late Marjorie and Harold Hamilton. He attended Williston Northampton School and Dartmouth College and received a master's degree in graphic arts under the tutelage of Alex Nesbitt at Southern Massachusetts University.

Jim had a long and productive career as a printing salesman for Nimrod Press, which later became part of Universal Printing. Well known in the printing industry of New England, he was a longtime member of the Society of Printers from whom he received the Benjamin Franklin Award for distinguished service in 1996. He was a member for many years of PINE, Printing Industries of New England, and chaired their scholarship program.

With boundless energy and enthusiasm, Jim generously gave of his time and creative talents to many organizations. He served on the board of trustees of Williston Northampton School from 1979 to 1989. Committed to his community and appreciative of anyone and anything with a story to tell, he worked on countless projects for the Cohasset Conservation Trust and the Cohasset Town History Committee. His artistic skills, cunning wit and feelings about small town political issues were on display weekly in the cartoons he submitted for the Cohasset Mariner.

He thoroughly enjoyed his membership in the Old Goats of Cohasset where he could share his gift for the gab and loyalty to his town. Jim was a longtime member of the First Parish Cohasset Unitarian Universalist Church.

Jim was a sailor, a fly-fisherman and a gifted gardener known for his ever-expanding rows of vegetables and the pleasure he derived from work-

ing on his property. He delighted in driving his restored vintage jeeps around town. But of his many interests and pursuits, his greatest passions were the White Mountains of New Hampshire and the Appalachian Mountain Club where he worked summers as a young man at Greenleaf Hut and Zealand Falls Hut. Jim was a lifelong member of the club and served on its Board of Advisors and as a member of the Board of Directors there.

Following retirement, he delighted in a second career in development for the AMC. He was a proud member of the Old Hutman's Association. He rejuvinated and edited for many years the OH Resuscitator newsletter.

Above all, Jim was a devoted family man.

He leaves his wife of 48 years, Laurie (Goodwin) Hamilton; his two daughters, Sarah Hamilton Barringer and Jill Hamilton Yates, and their spouses, Scott Barringer and Robert Yates; his four grandchildren, Harold and Evelyn Barringer and George and Henry Yates; as well as his sister, June Withington and her husband Nuff; and many nieces and nephews whom he loved dearly; most especially, Mikio and Naomi Aoki, with whom he had a very special relationship.

A memorial service will be held for Jim at 11 a.m. Friday, Feb. 7, at the First Parish Meeting House in Cohasset.

In lieu of flowers, donations may be made in Jim's memory to the Appalachian Mountain Club, 5 Joy Street, Boston, MA 02108, or via their Web site, [www.outdoors.org/tribute](http://www.outdoors.org/tribute).

For an online guest book, please visit [www.mcnamara-sparrell.com](http://www.mcnamara-sparrell.com).

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### Virginia M. Hogan



Virginia M. Hogan

COHASSET - Virginia Mary (Caldbeck) Hogan of Cohasset, formerly of Scituate, died peacefully Jan. 29, 2014 at the age of 97 in Coconut Creek, Florida.

Virginia was born in 1916 and grew up in St. Johnsbury Vermont, the 4th child of 6 children. She attended St. Johnsbury Academy in Vt. and she (and all 3 of her sisters) attended Regis College in Weston MA, where she was twice President of her class during her sophomore year and again in her senior year. After receiving her Bachelor of Science degree in Nutrition at Regis, Virginia went on to graduate from Faulkner Hospital School of Nursing with her RN.

Later in life, while raising 7 children, she worked as a kindergarten teacher at the Ellen H. Richards School in Dorchester and attended Wheelock College, graduating in 1975 with her Master's in Education.

In 1981 she and her husband Frederick retired and moved from Milton to Scituate. Virginia was an ardent lover of life and people; and everyone loved her right back.

Her family members who remain, keeping her close to their hearts and her memory alive, include her seven children Sheila Donofrio, Frederick J. Hogan III, William E. Hogan, Mary Hogan, Matthew Hogan, Martha Ogorodnik and

Ann Brophy, their partners (Victor Donofrio, Eily Urquhart, Cynthia Goff, Karen McDermott, Faye Cochrane, Glenn Ogorodnik and Christopher Brophy), 12 grandchildren and 3 great-grandchildren.

Visiting hours and a celebration of Virginia's life will take place on Saturday, May 3, 2014 at the McNamara-Sparrell Funeral Home, 1 Summer St., Cohasset, MA, followed by a memorial service. Details regarding the life celebration will be provided at a later date by publication, also information may be obtained by contacting the McNamara-Sparrell Funeral Home.

In lieu of flowers, donations may be made in Virginia's memory to any of the following: Vitas Innovative Hospice Care, [www.vistas.com](http://www.vistas.com); Friends of St Francis, [stfrancescabriniscituate.org](http://stfrancescabriniscituate.org); or Scituate Etrusco Associates Inc., 1 Common St Scituate, MA 02066.

For an online guest book and more, please visit [www.mcnamara-sparrell.com](http://www.mcnamara-sparrell.com).

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## How to Submit an Obituary to the Weekly Newspapers

To contact our obituary department, please e-mail

**obits@wickedlocal.com**

or

**call 781-433-6905**

or

**Fax 781-433-6965**

Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

Please Call for Deadline Details

## Legal Notices

### HURTIG

**LEGAL NOTICE**  
Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200  
Docket No.  
NO13P2505EA

**CITATION ON PETITION FOR FORMAL ADJUDICATION**

Estate of: Carl R Hurtig

Date of Death: 05/29/2013

To all interested persons:

A Petition has been filed by: Martha E Hurtig of Cohasset MA requesting that the Court enter a formal Decree and Order of testacy and for such other relief as requested in the Petition.

And also requesting that: Martha E Hurtig of Cohasset MA and Susan L Repetti of Dover MA be

appointed as Personal Representatives of said estate to serve Without Surety on the bond.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on 02/26/2014

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

The estate is being administered under formal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and

accounts are not required to be filed with the Court, but recipients are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration.

**WITNESS**, Hon. John D Casey, First Justice of this Court.

Date: January 24, 2014

Patrick W. McDermott  
Register of Probate

AD#13070083  
Cohasset Mariner 2/7/14

<b

## COHASSET POLICE/FIRE LOG

**Monday, Jan. 27**  
 6:43 a.m. **S. Main St.**, community policing.  
**Beechwood St. and Mill Lane**, motor vehicle stop; written warning.  
**Depot Court**, motor vehicle stop. Cancel tow. Owner has a ride. Criminal application to be sought.  
**Sunrise, King St.**, medical aid.

**Fairoaks Lane**, animal call. Golden retriever found, does have a tag but won't let caller's kids read the tag. Has been at this location for a while. Called back, they have found the owner.

12:01 p.m. **Beechwood and S. Main streets**, motor vehicle stop; citation issued.

12:40 p.m. **Beechwood and King streets**. Silver van out of gas sticking out in road. Scituate Collision en route to disabled motor vehicle. Tow on scene.

1:35 p.m. **Bates Lane**, CO alarm. Command advised investigating a detector issue.

2:22 p.m. **Summer St.**, motor vehicle stop; verbal warning.

2:45 p.m. **Deep Run**, wires call. Wire down in the middle of the road. Verizon notified.

3:14 p.m. **Police Headquarters**, larceny report. Party in lobby requests to speak to officer in reference to gas siphoned out of her vehicle.

3:25 p.m. **Police Headquarters**, larceny report. Party in headquarters for larceny report.

6:45 p.m. **Sohier St.**, motor vehicle stop; citation issued.

7:14 p.m. **Ripley Road and Sohier St.**, motor vehicle stop; citation issued.

8:27 p.m. **Ash St.**, medical aid.

10:50 p.m. **Jerusalem Road**, vandalism. Caller reports that a car just drove by her house and egged it. They were driving back and forth beeping their horn.

**Tuesday, Jan. 28**  
 6:54 a.m. **King St.**, directed patrol.

7:30 a.m. **Beechwood St.**, past break in. Caller reports items stolen sometime overnight; electrical equipment, tools, wire, etc.

10:02 a.m. **Forest Ave.**, motor vehicle stop; citation issued.

12:30 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

1:32 p.m. **Black Rock Road and Forest Ave.**, well being check. Passerby reports male sitting on the side of the road by a tan sedan possibly crying. Requesting a well being check. Nothing found and will continue to check the surrounding area.

3:02 p.m. **Marylou's, King St.**, trespass order. Request to see an officer, customer that was in earlier, disturbing the girls and she requests that he not come in anymore. Will issue a no trespass order.

4:35 p.m. **Aaron River Road**, well being check. One person skating on the ice and he is creating cracks in the ice. He is doing figure 8s. Officer spoke with the skater and he is aware of the risk and ice appears safe at this time.

6:05 p.m. **Lantern Lane, Scituate**, mutual aid ambulance.

6:29 p.m. **Beechwood St.**

DA HOSTS EVENT

## CMHS principal attends training

Cohasset Middle-High School principal Carolyn Connolly attended a full-day Drug Impairment Training for Educational Professionals seminar provided by Norfolk District Attorney Michael W. Morrissey recently.

"When a student is running into problems with drugs, you need to know what you are dealing with," Morrissey said after the training, which drew educators and police professionals from across Norfolk County. "Different drugs provide different forms of intoxication and different symptoms. Speech pat-

terns, statements, coordination, pupil dilation. And they may require different intervention by school officials."

Roughly 60 principals, nurses, and police school and juvenile officers from 23 Norfolk County municipalities attended the Jan. 28 event, held in amphitheater space donated by the Bank of Canton at their headquarters. The trainers were Jack E. Richman, OD, retired Nahant police Sgt. Don Decker and Middleboro Police Sgt. Deborah Batista.

"Connecting drug-involved students with the

services they need has to start with establishing and documenting what is really happening," Morrissey said. "Whatever we can do to help schools stem destructive behavior – before it becomes a problem for the courts and my office – I'm all for it."

Morrissey called the training a natural step in his work to improve school safety and security across the Norfolk District, which has included grants for security upgrades and several other seminars. "It is another layer of school security. The environment in a school is most stable when

students aren't abusing illegal drugs, and when students who have prescribed substances are taking what they should."

Earlier this month, Morrissey provided training to 40 Norfolk County educators on established guidelines for risk-assessment when a student is re-entering a school population after a substance abuse or mental health intervention. "These are important issues for individual students and school populations as a whole," Morrissey said. "I appreciate Cohasset's partnership and dedication to safe schools."

**and Riverview Drive**, soliciting. Female called headquarters reporting Verizon is soliciting and requesting an officer to check the area. Spoke to solicitor.

7:18 p.m. **S. Main St.**, well being check. Passerby reports two males were assisting an elderly female that fell between two cars. Requesting a well being check. Spoke with the female who says she is fine and she is at home now.

10:17 p.m. **Police Headquarters**. Resident in station to speak to an officer.

**Wednesday, Jan. 29**  
 6:01 a.m. **King St.**, community policing.

6:32 a.m. **Chief Justice Cushing Hwy. and Pond St.**, directed patrol.

10:08 a.m. **Nichols Road**, fraud. Caller reporting a woman called her this morning around 8:30 telling her to turn on her computer and give her the license number as it had expired and needed to be updated. Does not wish to see an officer, just wanted to let someone known what had happened.

11:44 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

12:06 p.m. **Beechwood St. and Chief Justice Cushing Hwy.**, directed patrol.

12:17 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

12:32 p.m. **Cohasset Family Practice, Chief Justice Cushing Hwy.**, medical aid.

12:54 p.m. **Timber View Lane**, fraud. Someone has taken her credit card information and her cell phone account.

1:19 p.m. **S. Main St.**, parking enforcement.

2:03 p.m. **Chief Justice Cushing Hwy. and Schofield Road**, motor vehicle stop; verbal warning.

4:37 p.m. **Central Park Drive, Scituate**, mutual aid ambulance.

5:02 p.m. **King St.**, medical aid.

6:09 p.m. **Bayberry Lane**, suspicious person. Male representing Verizon very persistent to get into residence.

Had to be asked to leave. Officer reports locating male and verifying that he is employed by Verizon. He notified the male that he must report to headquarters to get the proper credentials.

9:32 p.m. **Highland Ave.**, follow-up investigation.

10:40 p.m. **Golden Living Center, Chief Justice Cushing Hwy.**, medical aid.

**Thursday, Jan. 30**

1:20 a.m. **Sohier St.**, motor vehicle crash. People are out of the car.

5:49 a.m. **S. Main and Summer streets**, directed patrol.

7:21 a.m. **Pond St.**, motor vehicle stop; verbal warning.

9:11 a.m. **N. Main St.**, medical aid.

11:38 a.m. **Sohier St.**, motor vehicle stop; citation issued.

11:54 a.m. **Joy Place**, notification. United Water Company will be working in this area and might have his backhoe. Might be in road intermittently if anyone calls.

12:03 p.m. **Summer St.**, motor vehicle stop; written warning to operator.

2:53 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; verbal warning.

3:55 p.m. **Police Headquarters**, harassing phone call.

Party called headquarters to report a fraudulent phone scam he received. Caller stated they were calling on behalf of the IRS.

4:55 p.m. **Forest Ave. and Surry Drive**, traffic enforcement.

8:19 p.m. **Pleasant St.**, suspicious vehicle. Caller reports a black van with tinted windows has been parked in the area for about 40 minutes and never been in the area before.

**Friday, Jan. 31**

6:40 a.m. **King St.**, medical aid; dislocated shoulder.

7:06 a.m. **Village, S. Main St.**, community policing.

7:12 a.m. **Beechwood St.**, directed patrol.

7:16 a.m. **Pond St.**, motor vehicle stop; citation issued.

7:34 a.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; citation issued.

8:02 a.m. **Forest Ave.**, minor motor vehicle crash. No injury/two cars. Scituate Collision notified.

10:09 a.m. **Jerusalem Road**, animal call. Swan frozen in the ice on the pond. ACO will respond.

10:35 a.m. **S. Main St. and Westgate Lane**, motor vehicle stop; verbal warning. Operator has a German license.

11:18 a.m. **Jerusalem Road**, animal complaint. ACO needs assistance with an injured swan. Animal Rescue League responding.

11:21 a.m. **S. Main St.**, motor vehicle stop; citation issued.

12:02 p.m. **Golden Living Center, Chief Justice Cushing Hwy.**, medical aid.

12:51 p.m. **Cohasset Pediatrics, Chief Justice Cushing Hwy.**, medical aid.

1:13 p.m. **Jr./Sr. High School, Pond St.**, 209A violation.

2:15 p.m. **Hull St.**, animal call. Raccoon near the house acting strangely.

4:33 p.m. **Lambers Lane**, CO alarm. Caller reports CO detectors sounding. Advised to go outside and wait for the Fire Department. Had new cook top installed today.

4:54 p.m. **Jerusalem Road**, S. Main St., motor vehicle stop; citation issued.

5:15 p.m. **King St.**, motor vehicle stop; citation issued.

10:55 a.m. **Jerusalem Road**, medical aid.

11:12 a.m. **S. Main St.**, motor vehicle stop; citation issued.

11:17 a.m. **Sohier St.**, motor vehicle stop; citation issued.

11:43 a.m. **Sohier St.**, motor vehicle stop; citation issued.

12:07 p.m. **Stagecoach Way**, medical aid.

12:38 p.m. **Jerusalem Road**, parking complaint.

12:58 p.m. **Whitney Woods, Chief Justice Cushing Hwy.**, medical aid. Hiking/broken ankle. They were on Yellow Trail and then went onto White Trail on right. Been on White Trail for 15 minutes. Female located. Hingham Medic 2 with the patient. BLS to SSH.

2 p.m. **Jerusalem Road**, parking complaint. Motor vehicles parked in front of home which is a no parking zone.

Three tickets issued.

2:18 p.m. **Sohier St.**, motor vehicle stop; citation issued.

2:58 p.m. **Forest Ave.**, motor vehicle stop; citation issued.

3:05 p.m. **Forest Ave.**, motor vehicle stop; verbal warning.

4:31 p.m. **S. Main St.**, medical aid. 12-year-old having a reaction to pine nuts.

4:50 p.m. **Sunrise, King St.**, medical aid.

4:56 p.m. **Chief Justice Cushing Hwy.**, mutual aid given. Report of a motor vehicle crash near the Scituate/Cohasset line on 3A, in front of Scituate Rod & Gun Club, involving a deer.

5:43 p.m. **Forest Ave.**, directed patrol.

6:26 p.m. **Forest Ave.**, motor vehicle stop; citation issued.

6:36 p.m. **Chief Justice Cushing Hwy.**, hit and run motor vehicle crash. Caller reports her parked vehicle was hit and the person took off.

6:47 p.m. **Forest Ave. and Forest Circle**, motor vehicle stop; citation issued.

7:22 p.m. **Fairoaks Lane and Sohier St.**, motor vehicle stop; citation issued.

8:27 p.m. **Hull St.**, motor vehicle stop; citation issued.

8:37 p.m. **Hull St.**, motor vehicle stop; verbal warning.

**Hull St.**, motor vehicle stop; citation issued.

9:25 p.m. **Beechwood and S. Main streets**, motor vehicle stop; citation issued.

10:01 p.m. **Forest Ave. and Old Coach Road**, motor vehicle stop; citation issued.

11:04 p.m. **Fairoaks Lane and Sohier St.**, motor vehicle stop. Written warning issued.

11:23 p.m. **Sohier St.**, motor vehicle stop; written warning issued.

**Sunday, Feb. 2**

10:24 a.m. **Chief Justice Cushing Hwy. and Crocker Lane**, motor vehicle stop; citation issued.

10:55 a.m. **King St.**, motor vehicle stop; verbal warning.

12:33 p.m. **Short St.**, power outage. Electricity went out.

Second caller reporting same, heard an explosion, now without power. National Grid notified. Transformer fuse blown on Cushing Road.

1:20 p.m. **N. Main St.**, youth complaint. Kids on thin ice in the Common fountain. Everyone is fine, kids are with parents.

2:55 p.m. **Chief Justice Cushing Hwy.**, motor vehicle stop; verbal warning.

4:50 p.m. **Cedar and Hull streets**, traffic enforcement.

4:53 p.m. **Church St.**, animal call; lost beagle.

5:02 p.m. **Hull St.**, motor vehicle stop; citation issued.

5:19 p.m. **Hull St.**, motor vehicle stop; written warning issued.

5:43 p.m. **Police Headquarters**, larceny report. Party in lobby looking for an officer to report larceny.

# FOOD

## FOOD FOR THOUGHT



BRANDPOINT

### Balanced eating all year long

Making small — and flavorful — changes to your daily routine to help you reach your goals and become a better you throughout the year. The following tips include new ways to prepare meals for every season, allowing you to boost your energy and make better choices without sacrificing taste:

**Warm up for winter:** Vegetable dishes are becoming the new normal and moving to the center of the plate, according to USA Today. Sixty-nine percent of Americans are now making vegetables their main meal. Oftentimes, vegetable-based meals can be quick and easy, making weekday meals a cinch. One way to make a warm, toasty weeknight dish is to incorporate roasted veggies. Roasting can bring out robust flavors in favorites like asparagus, broccoli and cauliflower.

**Prepare for a spring in your step:** With the arrival of spring comes the anticipation of delicious seasonal veggies. After the winter months of eating hearty meals, try incorporating the delicious flavors of light spring vegetables in a fresh seasonal salad. Turn classic salad favorites into a new flavor exploration; rather than using blue cheese dressing on a wedge salad, opt for creamy Caesar dressing or lemon vinaigrette.

**Smart summer snacking:** Between backyard barbecues and frequent summer-time get-togethers, summer can make well-balanced eating a struggle, to say the least. But summer is also grilling season, which brings endless new options for mealtime and snacking in between. Take grilled summer vegetables like peppers, tomatoes, eggplant and zucchini from good to delicious with a healthy, homemade veggie dip.

**Power up for fall:** Now that summer vacation is over, you may find you need more fuel to jumpstart a busy season ahead of juggling work, school, fall sports and activities for the kids. Adding lean proteins to your diet will help you increase energy, feel full and avoid indulging in foods with empty calories. Start your day off right with a veggie omelet.

— Brandpoint

## NUMBER TO KNOW

**55%** Percent of Americans who are more likely to eat fresh vegetables if they can be dipped.

— Brandpoint

## THE DISH ON...

**"The Juice Generation: 100 Recipes for Fresh Juices and Superfood Smoothies," by Eric Helms**

Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out.

— Amazon

# Food for thought

Current events can be a culinary adventure

By Lisa Messinger  
Creators Syndicate

What could be more fun to discuss at the dinner table than dinner? For many families with young students in school, this often means peppered family meal conversations with current events.

Why not stir that up with a bit of delicious food history, as well? One thing people with curious palates soon find out is that they can learn the history, culture, politics and other characteristics of a place through its food, whether the destination is as close as another part of your own state or as far away as a distant country.

A good way for you and your kids to stay up to date on current events is to think about the location of one in the news, discuss it and the foods and recipes famous there. Plan quick meals based on them as well, like the Florida- and North Carolina-tinted ones below.

Helpful dishes like these also prove cooking can be easy, nutritious, economical, fun and fast. They take just 10 seconds each to read and are almost that quick to prepare. The creative combinations are delicious proof that everyone has time for tasty home cooking and, more importantly, the healthy family togetherness that goes along with it.

Another benefit: You effortlessly become a better cook, since there are no right or wrong amounts. These are virtually can't-go-wrong combinations, so whatever you — or your kid helpers — choose to use can't help but draw "wows."

**Feast "Floribbean" style:** With your kids, delve into the history of how Caribbean, Latin American and Cuban cuisine have majorly influenced what is now dubbed the "Floribbean" cooking style of Florida.

For a fun and easy taste, marinate your favorite cut of lean pork (often used in such recipes) in a combination of fresh lime juice and orange juice, oregano, garlic and freshly ground pepper. Cook it on both sides, per the U.S. Department of Agriculture, to an internal temperature of 145 F (or 160 F if ground) and serve in a thick roll topped with pickle spears and mustard.

Carry on about Carolina barbecue: To emulate those in North Carolina, where barbecue is king, why not experiment



CHRISTOPHER D. FOSTER / MCN ILLUSTRATION

### Floribbean-Flavored Pork Chops with Garlic-Lime Sauce

- 1/4 cup fresh lime juice
- 1/8 cup fresh orange juice
- 1 garlic clove, minced
- 1 t dried oregano
- 1/2 t freshly ground black pepper
- 1/4 t dried hot red pepper flakes
- 1/4 t salt
- 1/3 cup olive oil
- 2 T chopped fresh cilantro
- 6 (1/2-inch-thick) boneless pork chops

Whisk together lime juice, orange juice, garlic, oregano, black pepper, red pepper flakes and salt.

with making your own barbecue sauce?

In these particular parts, vinegar is often a hallmark. You can combine apple cider vinegar, dark brown sugar, black pepper, salt, cayenne pepper, ketchup and hot sauce, and, in a flash, have a taste that's gone back centuries.

To further get the feel — and scent — of the area, purchase packages of hickory chips to burn on your charcoal grill or

smoker outdoors.

**The upcoming Presidents Day holiday:** If you want to give your kids a feel for what it was like for the very first First Family, check out from the library, purchase (current paperbacks are about \$30) or read excerpts and recipes online from "Martha Washington's Booke of Cookery and Booke of Sweetmeats."

There are more than 500 family recipes handed down from



Pork marinated in lime and garlic is an example of "Floribbean" cooking.

EPICURIOUS.COM PHOTO

Elizabethan times. At dinner-time, discuss the ingredients that differ from and/or are the same as today and what this means regarding history and culture. Have a Martha Washington cooking contest for Presidents Day dinner.

**Lisa Messinger** is the author of seven food books, including "Mrs. Cubbison's Best Stuffing Cookbook" and "The Sourdough Bread Bowl Cookbook."

## This delicious bucket list includes a very full bucket

**"1001 Foods You Must Taste Before You Die," edited by Frances Case (Universe, \$36.95)**

By Lisa Messinger  
Creators Syndicate

How far along are you on your list of the thousand or so foods bubbling over in your bucket? As Frances Case, editor of "1001 Foods You Must Taste Before You Die," proves, this bucket — the one you might kick someday and that many people name a list for — can instead buy a real bucket or picnic basket or grocery bag with which you fill

delicacies. The nice thing about Case's thoughtful choices are that they go on and on, meaning this can be a book you enjoy for a long time before ever kicking the bucket.

I've been doing just that, as I turn to it year after year for delicious inspiration. My first concern when glancing at "1001 Foods You Must Taste Before You Die" was for Case. Since I came upon it at the same time, I wondered had she also edited "1001 Wines You Must Taste Before You Die"? Each book — at least at

first lifting — feels as hefty as a 10-pound dumbbell. They are jam-packed with 1,001 delicacies each; my vision was of Case, a famed British food writer and TV personality, puffed up like a parade balloon from her dedicated research.

Fortunately, though, Neil Beckett, a touted wine columnist, handled editing duties for the spirits book. Wine aficionados will love the fat tome. But, like Case, let me have at the food book and pray to spread out the goodies over the decades I have left on the planet, rather than gorging on them all

in a week.

You might be tempted to do just that. The book is full of mouthwatering photographs of both the ingredients and the lush surroundings where they grow, or are cultivated or produced. Descriptions are more like temptations, beckoning you to run off on adventures to find the feasts. Modeled after the popular travel series "1,000 Places to See Before You Die," in lots of ways, the food treasure chest is more satisfying. After all, the gratification in many cases can be much more instant; the fruits of your reading can nourish not

only your soul but your body as well.

The book is organized by food categories, such as fruit, vegetables and dairy.

Future editions might consider more detailed indexing, like a country index, in which you could look up your travel destinations and make a shopping list to pursue on your trip or know what to look for in a local ethnic grocery store or restaurant.

**Lisa Messinger** is a first-place winner in food writing from the Association of Food Journalists and the author of seven food books.

# PUZZLES

## Horoscope

### SALOME'S STARS FOR RELEASE WEEK OF FEB. 17, 2014

**ARIES** (March 21 to April 19) Some unsettling facts about a past situation could come to light. And while you'd love to deal with it immediately, it's best to get more information to support your case.

**TAURUS** (April 20 to May 20) A straightforward approach to a baffling situation is best. Don't allow yourself to be drawn into an already messy mass of tangles and lies. Deal with it and move on.

**GEMINI** (May 21 to June 20) Don't be discouraged or deterred by a colleague's negative opinion about your ideas. It could actually prove to be helpful when you get around to finalizing your plan.

**CANCER** (June 21 to July 22) Ignore that sudden attack of "modesty," and step up to claim the credit you've so rightly earned. Remember: A lot of people are proud of you and want to share in your achievement.

**LEO** (July 23 to August 22) A financial "deal" that seems to be just right for you Leos and Leonas could be grounded more in gossamer than substance. Get an expert's advice to help you check it out.

**VIRGO** (August 23 to September 22) Don't ignore that suddenly cool or even rude attitude from someone close to you. Asking for an explanation could reveal a misunderstanding you were completely unaware of.

**LIBRA** (September 23 to October 22) Unless you have sound knowledge, and not just an opinion, it's best not to

step into a family dispute involving a legal matter, regardless of whom you support. Leave that to the lawyers.

**SCORPIO** (October 23 to November 21) An awkward situation presents the usually socially savvy Scorpian with a problem. But a courteous and considerate approach soon helps clear the air and ease communication.

**SAGITTARIUS** (November 22 to December 21) A calmer, less-tense atmosphere prevails through much of the week, allowing you to restore your energy levels before tackling a new challenge coming up by week's end.

**CAPRICORN** (December 22 to January 19) Your approach to helping with a friend or family member's problem could boomerang unless you take time to explain your method and how and why it (usually!) works.

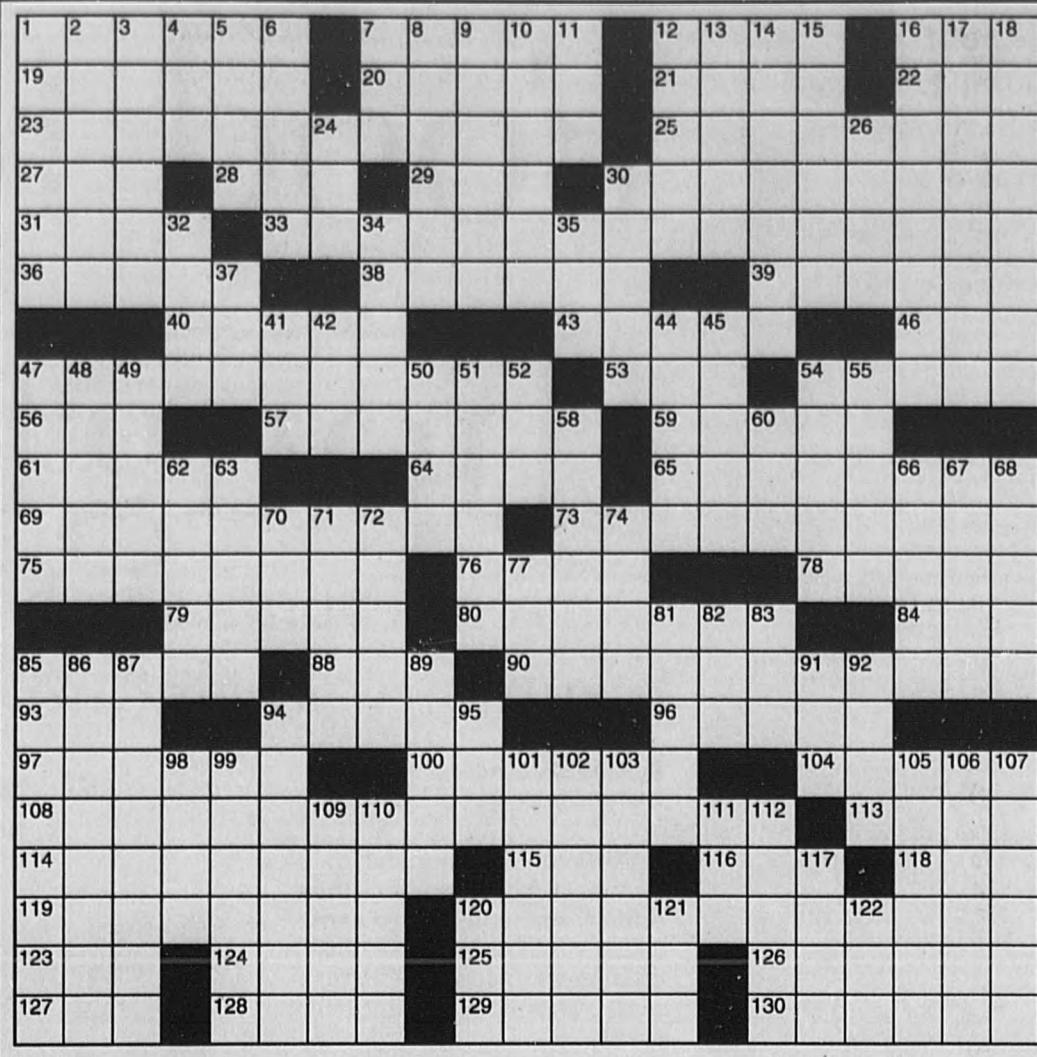
**AQUARIUS** (January 20 to February 18) Someone who gave you a lot of grief might ask for a chance for the two of you to make a fresh start. You need to weigh the sincerity of the request carefully before giving your answer.

**PISCES** (February 19 to March 20) Too much fantasizing about an upcoming decision could affect your judgment. Better to make your choices based on what you know now rather than on what you might learn later.

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**BORN THIS WEEK:** You have a way of seeing the best in people and helping them live up to their potential.

## Crossword - In reverse



**ACROSS**

- 1 Harass
- 7 In the lead
- 12 Fill by force
- 16 —mo replay
- 19 Think creatively
- 20 Has — up one's sleeve
- 21 — fire under (urged to action)
- 22 Zero-star review
- 23 Private retreat for San Francisco NFLers?
- 25 Behaves in the manner of
- 27 Skater Midori —
- 28 Suffix with musket
- 29 Bring pain to
- 30 Openings under desks
- 31 Nick's wife in "The Thin Man".
- 33 Word coined to describe an unnamed Hulk Hogan maneuver?
- 36 Clutches
- 38 Handles, as a matter
- 39 Wish for party, briefly
- 43 Hits, as a fly
- 46 Little bite
- 47 Drag-racing track?
- 53 Month after Mar.
- 54 Olympic sleds
- 56 Berliner's "Alas!"
- 57 Rug cleaner
- 59 "King Lear" daughter
- 61 Billes and nannies
- 64 Papa's ma
- 65 Take way too much.
- 69 Caustic
- 70 Belief in one god
- 73 Softening the cuticles, polishing the nails, etc.?
- 75 Shipbuilding material
- 76 Address for a woman
- 78 Sign after Pisces
- 79 "Pan Am" actress Garner
- 80 Soloist's supporter
- 84 Just-OK grade
- 85 Fatty substance
- 88 Number after uno
- 90 Parties for future wives of rajahs?
- 93 Suffix with benz-
- 94 — saying goes..."
- 96 1980s-90s legal drama
- 97 Belief in one god
- 104 Multiplied by 108
- 105 Studiers of living things in a 1964 Hitchcock film?
- 113 Kansas city east of Wichita
- 114 Nucleus orbiters
- 115 Grow rancid
- 116 Boozing type
- 118 Audiotapes' successors
- 119 Making calm
- 120 Cubbyholes of a certain shape?
- 123 Distinctive period
- 124 Big name in waffles
- 125 Bizarre
- 126 "Relax!" order
- 127 Approx. fig.
- 128 Radish, e.g.
- 129 Thomas Jefferson, religionwise
- 130 Henhouses
- 18 Dances set to ragtime
- 24 Departure's opp.
- 26 Hearth items
- 30 "Do You Want to — Secret"
- 32 Truncated form of a wd.
- 34 Suffix like -ish
- 35 TGIF's "I"
- 37 — Paulo
- 41 Some sodas
- 42 Gift topper
- 44 Chef's cover
- 45 Fountain
- 47 Keep vexing
- 48 — in peace"
- 49 More — few
- 50 Rip up
- 51 Hiccups, e.g.
- 52 Poet's dust
- 54 Insect stage
- 55 Anesthetized
- 58 Marriott rival
- 60 "Imagine!"
- 62 Rikki — -Tavi"
- 63 Strewed
- 66 Standing by
- 67 — clear of
- 68 Test track turns
- 70 WWW giant
- 71 Winter woes
- 72 Dodo
- 74 "That's right!"
- 77 Put on TV
- 81 Pulls on cow udders
- 82 Clear — bell
- 83 Ducks' org.
- 85 "I'd like to have a look"
- 86 Respirators
- 87 Eyed closely
- 89 Drives away, as a fly
- 91 Feedbox bit
- 92 Int'l. 1940s conflict
- 94 Explorer Vespucci
- 95 Blowup in a copy ctr.
- 98 Old Peru resident
- 99 Kid watcher
- 101 Twisting force
- 102 Relative of a guinea pig
- 103 Hindu lutes
- 105 Latte varieties
- 106 Born first
- 107 Gives check -Tavi"
- 108 Relativistic a
- 109 Beatnik's drum
- 110 Gold brick
- 111 Mao — tung
- 112 Whale finder
- 117 Puente of mambo
- 120 Put turf on
- 121 On Soc. Security, say
- 122 Co. VIP

**DOWN**

- 1 Yearning
- 2 Text cleaner
- 3 Mexican Mrs.
- 4 — kwon do
- 5 To be, to Bizet
- 6 Stitch anew
- 7 Air blower
- 8 Lest
- 9 Emu or kiwi
- 10 Racing boats
- 11 Pro — (for now)
- 12 Joust sound
- 13 Cuts to bits, as a potato
- 14 Shows up for
- 15 Variety of golf club
- 16 Overflowing
- 17 Waters off Sandusky

## Magic Maze - One-act words

S A N C K I F D S A X V T Q O

M R I J O H F C A T Y W U R P

N L O R Y M J H F C C D B T Z

X V T T E R P P L A Y A C T R

C E X A C T O A Q R O A P M K

A O V E R A C T C A R T S I D

C C I H F P R A C T I C A L D

T B T C A R T S B A R Z Y W V

U T R I Q O N U L C F E K I H

S F D C O A S Z X W V L S U S

R Q O N M N K J I H F E O S D

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Abstract  
Action  
Actors  
Actress

Bacteria  
Cataract  
Compact  
Distract

Exact  
Olfactory  
Overact  
Pacts

Playact  
Practical  
Subtract

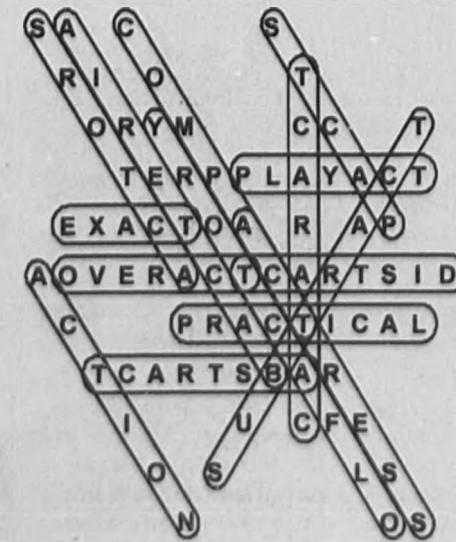
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Magic Solution  
One-act words



Sudoku Solution

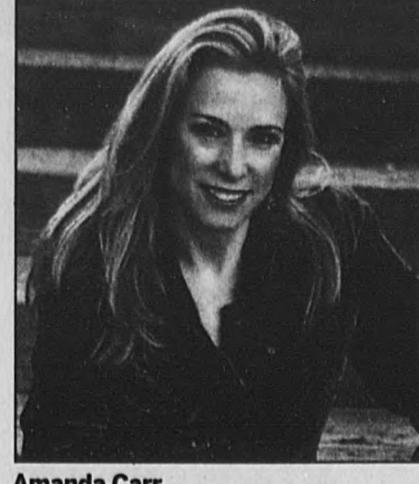
## Crossword Solution - In reverse



# CALENDAR

## Gala of Giving benefits PPO and Old Colony and South Shore Elder Services

**WHEN:** 6 to 11 p.m. Saturday, Feb. 8. **WHERE:** Indian Pond Country Club, 60 Country Club Way, Kingston. **INFO:** The evening will include the Dancing with the Angels dance competition, a silent auction, the Java Jive band, a special guest performance by Amanda Carr, dinner and cash bar. Proceeds from the event benefit the Plymouth Philharmonic Orchestra and the special needs funds of Old Colony and South Shore Elder Services. Individual tickets are \$65, and reserved tables of 10 are \$650. For information on tickets, visit [plymouthphil.org](http://plymouthphil.org) or call 508-746-8008.



Amanda Carr

## SATURDAY, FEB. 8

**Seeds, Soil, and Garden Plans workshop** from 10 a.m. to noon at Holly Hill Farm, 236 Jerusalem Road, Cohasset. Peruse seed catalogues, talk about the different types of seed sowing and interpret the many seed varieties and planting styles. Cost: \$12 for Friends of Holly Hill Farm members; \$15 for non-members. Space is limited pre-register by calling 781-383-6565. [www.hollyhillfarm.org](http://www.hollyhillfarm.org).

**Meet authors Brian Staveley, James Cambias, Ramona Wheeler** for a signing and discussion of their science fiction and fantasy stories. Staveley author of "Emperor's Blades," Cambias author of "Darkling Sea" and Wheeler author of "Three Princes." There will be time for questions and answers and time to pick up a signed copy. All authors live locally in the New England area. 2 to 4 p.m. Barnes & Noble, Derby Street Shoppes, 96 Derby St., Hingham. 781-749-3319. Free of charge and open to the public.

**Duxbury Art Association Winter Juried Show with a gala** 6 to 9 p.m. Several special activities are being planned such as a gallery talk with exhibiting artists and Blooms at the Complex. The Art Complex Museum, 189 Alden St., Duxbury.

**Dianne Panarelli Miller and Frank Costantino** will offer portrait sketching for the public at the South Street Gallery from 11 a.m. to 2 p.m. Call 781-749-0430 to make an appointment. In case of bad weather, other days and evenings are also available. The cost of the work will start at \$100. Diane's sketches will be done in oil paints and Franks portraits painted in watercolors. Diane's exhibit, "All New: A Little Bit of Everything" will be on display at the gallery until Feb. 28.

**BRIEFS - A Festival of 10-Minute Plays** presented by Cohasset Dramatic Club at 7:30 p.m. at the Cohasset Town Hall Theatre. Directors and actors from Boston and the South Shore are featured, as well as original works from playwrights throughout the U.S. A \$15 ticket for the evening will include cabaret-style seating, sweet and savory snacks, beverages, and seven 10-minute plays with one intermission. Tickets are \$15 and can be purchased at the door, by calling 617-922-0280, or online at [www.brownpapertickets.com/event/55740](http://www.brownpapertickets.com/event/55740).

**Pianist Sarah Haera Tocco** "Romancing the Piano" at 2 p.m. The concert will feature an afternoon of romantic piano music including "Claire de Lune" by Debussy and "Fantasie Impromptu" by Chopin. Ventress Memorial Library, Library Plaza, Marshfield.

**Xanadu**, pop/rock roller skating adventure musical presented by the Company Theatre Feb. 5 through 9, at The Company Theatre Centre for the Arts, 30 Accord Park Drive, Norwell. Tickets are \$34 to \$36. 781-871-2787, email [boxoffice@companytheatre.com](mailto:boxoffice@companytheatre.com), or visit [www.companytheatre.com](http://www.companytheatre.com) Matinee and evening performances are available.

**Gala of Giving** from 6 to 11 p.m. at Indian Pond Country Club in Kingston, hosted by Plymouth Philharmonic Orchestra, Visiting Angels and South Shore and Old Colony Elder Services. Individual tickets are \$65, and reserved tables of 10 are \$650. [plymouthphil.org](http://plymouthphil.org) or 508-746-8008.

**Dennis Brennan & Friends** will headline for Braintree Folk at All Souls Parish Hall Coffeehouse, 196 Elm St., Braintree. Doors open at 7 p.m. Coffee and refreshments. Performances begin at 7:30 p.m. Advance tickets may be purchased for \$12 at <http://www.braintreefolk.org> or \$15 the day of the show. 781-848-9645 or email us at [braintreefolk@gmail.com](mailto:braintreefolk@gmail.com).

**Molly Tuttle and John Mailander** perform at the Blue Moon Coffeehouse, Channing Church, 45 Webster St. Rockland. Tickets are \$7 at the door; children 12 and under are free. [www.thebluemooncoffeehouse.com](http://www.thebluemooncoffeehouse.com).

**The African Children's Choir** will perform at 7 p.m. at the Performing Arts Center at Plymouth North High School, 41 Ober St., Plymouth. For tickets call the Visual and Performing Arts Office at 508-830-4469 or email [ckirschner@plymouth.k12.ma.us](mailto:ckirschner@plymouth.k12.ma.us). [www.africanchildrenschoir.com](http://www.africanchildrenschoir.com).

**Music for the Heart and Soul** an afternoon from Bach to the Beatles, featuring Beth DuBuisson on piano, Caroline Hine on cello and Beverly Reilly on flute offered by First Parish Universalist Church, 339 First Parish Road, Scituate at 3 p.m. Refreshments to follow. Suggested donation \$15 (\$10 for seniors). All proceeds go directly to the FPUUC Organ Fund.

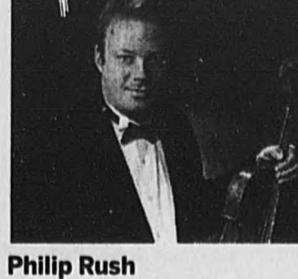
**South Shore Dancers** Chinese New Year ballroom dance at the Cushing Center, 673 Main St., Norwell. Salsa lesson at 7:30 p.m. with Paul Hughes. Dancing 8 to 11 p.m. Tickets are \$12 and

## South Shore Conservatory presents 'A Fine Romance' concert

**WHEN:** 4 p.m. Sunday, Feb. 9. Preconcert talk at 3:30 p.m. **WHERE:** South Shore Conservatory, 1 Conservatory Drive in Hingham. [www.sscmusic.org](http://www.sscmusic.org). **INFO:** A Fine Romance, featuring music from the romantic period, performed by members of SSC's string and piano departments. A Fine Romance highlights works by one of the greatest love triangles in classical music history: Robert and Clara Schumann and Johannes Brahms. Featured pieces include Brahms' Intermezzo Op. 118 nos. 1 and 2, Clara Schumann's Piano Trio in G Minor Op. 17, and Robert Schumann's Piano Quartet in E Flat Major Op. 47. Following the performance, enjoy refreshments and visit with the musicians. Free admission.



Adele Carter



Philip Rush

## Molly Tuttle and John Mailander at Blue Moon Coffeehouse

**WHEN:** 7:30 p.m. Saturday, Feb. 8. **WHERE:** Blue Moon Coffeehouse, Channing Church, 45 Webster St. Rockland. **INFO:** Molly and John join together to perform original, fresh and dynamic acoustic music. Together they have performed at the Grey Fox, Joe Val and Summergrass Bluegrass Festivals as well as many other venues throughout Boston and California. Tuttle is making a name for herself in the acoustic music scene. A virtuoso multi-instrumentalist and award winning songwriter with a distinctive voice, Molly was awarded best female vocalist and best guitar player by the Northern California Bluegrass Society, and first place in the prestigious Merlefest Chris Austin Songwriting Competition in 2012. Mailander is a San Diego based musician is one of 16 musicians selected to participate in the Savannah Music Festival's prestigious Acoustic Music Seminar in both 2012 and 2013. Tickets are \$7 at the door; children 12 and under are free. [www.thebluemooncoffeehouse.com](http://www.thebluemooncoffeehouse.com).

Scituate at 7:30 p.m. The concert is presented in collaboration with SHS Music Department. Members of the SHS Wind Ensemble, under the direction of Sally Tucker, will be performing with BaYS Symphony for this concert. Scituate High School Chorale, directed by William B. Richter, also perform during the program. Admission to the concert is free to students K-12. Adult tickets are \$10 and may be purchased at the door.

**Water Watch Lecture Series** every Wednesday. Tonight: Hot Water - Fish Moving In? Jon Hare, Northeast Fisheries Science Center, National Marine Fisheries Service, 7 p.m. at South Shore Natural Science Center, 49 Jacobs Lane, Norwell. Free and open to the public. [www.nsrwa.org](http://www.nsrwa.org)

**Aldous Collins Band** at British Beer Company, 15 Columbia Road, Pembroke, 781-829-6999 or visit [www.britishbeer.com](http://www.britishbeer.com).

## THURSDAY, FEB. 13

**The Nantasket Beach Lecture Series** welcome Elisabeth Elo presenting "North of Boston" at the Nantasket Beach Resort, 145 Hull Shore Dr., Hull, at 7 p.m. Elo's book, a suspense thriller, is set primarily in Boston. Elo teaches writing in Boston and she lives in Brookline. Free event. If you are unable to attend and would like to order a signed copy, please call Buttonwood at 781-383-2665.

**Ron Levy (world renowned keyboardist) with Willie J Laws** at 8 p.m. Open mike at 9 p.m. Free pizza at Next Page Café, 550 Broad St., Weymouth. 781-340-1300.

**Irish Music** and more, the Lucky Seven's open session at the Kingsbury Club Pub, 186 Summer St., Kingston, 7:10 p.m. every Thursday. All welcome. Bill Underhill, 781-585-1042.

**Mark T. Small** performs at 7 p.m. every Thursday at New World Tavern, 56 Main St., Plymouth, 508-927-4250.

**Mark Purcell** performs at the British Beer Company, 6 Middle St., Plymouth, 508-747-1776, [www.britishbeer.com](http://www.britishbeer.com).

## FRIDAY, FEB. 14

**Valentine dinner for couples** at Miramar Retreat Center, 121 Parks St., Duxbury, at 6 p.m., beginning with appetizers and followed by an elegant dinner prepared on site. Between dinner and dessert there will also be a presentation entitled "Making the Most of Your Marriage, or, Monogamy Doesn't Have to be Monotony" by Fred and Diane L'Ecuier of Duxbury and Fr. Tom Griffith, SVD, of Miramar. The cost per couple is \$85. To make reservations, or for more information, call 781-585-2460 or visit [miramarretreat.org](http://miramarretreat.org).

**Bon Jovi and Journey tribute bands** highlight "Cupid's Concert," a night of music at Memorial Hall, 83 Court St., Plymouth. National acts "Living on a Bad Name" (Bon Jovi) and "Scarab" (Journey) will play some of the most memorable ballads and hits from these two timeless bands. Doors open at 7 p.m. Opening act will be an acoustic set by James Gagne of "Shipyard Wreck." FUN 107 DJ Scott Reiniche will play dance music between sets. Tickets for the show are \$24.50 online at [www.brownpapertickets.com/event/527579](http://www.brownpapertickets.com/event/527579) or \$30 at the door (two for \$50).

**Comedy Night**, featuring Jim Lauleta along with Hugo Maienza and Bob Carney. Hosted by Mike Dunphy, Quan's Kitchen, 871 Washington St., Route 53, Hanover. Call to reserve seats at 781-826-8868. \$20.

**Full Moon Stroll** at Holly Hill Farm! All ages are welcome to come take a stroll on the paths of Holly Hill Farm by the light of the full moon at 6 p.m. There is much to see and hear, as we head out on a well-lit trail to note the winter stirrings. Dress for the weather and meet at the main barn at 6 p.m. Join us for a cup of hot cocoa after the walk. Free and all ages are welcome. This event is scheduled with a clear night in mind. If the sky is solid clouds we will reschedule for another clear full moonlit night. Holly Hill Farm is located at 236 Jerusalem Road, Cohasset. [www.hollyhillfarm.org](http://www.hollyhillfarm.org) or call 781-383-6565.

**Gil Correia Band** at Next Page Café, 550 Broad St., Weymouth. 8 p.m. 781-340-1300.

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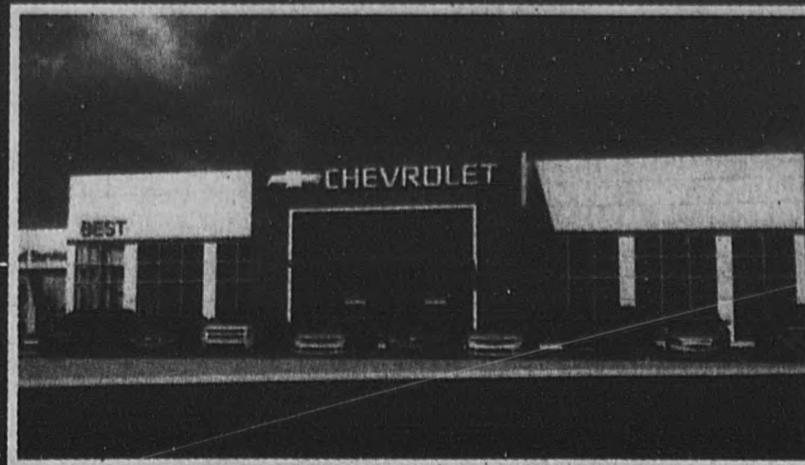
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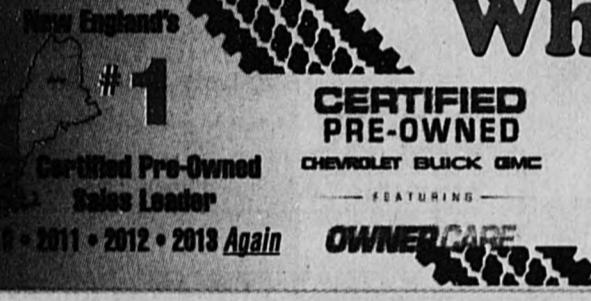
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Welcome to BEST

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Welcome Back

Roger Cobbett  
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